

# Cabbage & Meatballs

Makes 6 Servings

## Ingredients:

- 1 lb extra lean ground beef
- 1/2 cup bread crumbs
- 1 large egg
- 1/2 tsp black pepper
- 1 head cabbage shredded
- 2 15 oz cans tomato sauce low sodium
- 1 tsp Italian seasoning
- 1/2 tsp garlic powder
- 8 oz cranberry sauce
- 1 Tbsp lemon juice
- 4 giner snap cookies crushed

## Directions:

1. In a medium bowl, combine ground beef, bread crumbs, egg and black pepper. Form into 1 inch meatballs.
2. Place 1/2 of shredded cabbage in a large pot, add meatballs. Spoon cranberry sauce over the meatballs and add remaining cabbage.
3. In a bowl, mix the tomato sauce, Italian seasoning, and garlic powder. Pour over meatball/cabbage mixture.
4. Simmer uncovered, 20 minutes. Stir gently being careful not to break up meatballs. Add the lemon juice and cookie crumbs. Simmer another 10-15 minutes until meatballs are completely cooked.

## Nutrition Facts

6 servings per container  
Serving size (486g)

Amount per serving  
**Calories 300**

% Daily Value\*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 140mg 6%

Total Carbohydrate 44g 16%

Dietary Fiber 7g 25%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 116mg 8%

Iron 5mg 30%

Potassium 1084mg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Family Conversation Starter:

What would you like to do when you graduate (high school/college)?

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