

PREPARATION: 15 MINUTES

COOKING: 30 MINUTES

6 SERVINGS

# QUICK CABBAGE STEW

## INGREDIENTS

*1 tablespoon olive oil*

*500g ground pork*

*1 cup onion, diced*

*1 tablespoon paprika*

*1/2 cup white rice, uncooked*

*1 cup roasted red peppers\*, sliced*

*6 cups Savoy cabbage, chopped*

*1 1/2 cups no salt added beef broth*

*2 tablespoons garlic, minced*

*1/8 teaspoon black pepper*

*1/2 cup flat leaf parsley, chopped*

*\* choose product with lowest sodium content or make your own (see recipe page 14)*

## PREPARATION

- 1** In a heavy-bottom pot, heat the oil over medium-high heat. Fry the pork and onions for 7-8 minutes until they are cooked.
- 2** Season with paprika. Add the rice, peppers, cabbage and beef broth.
- 3** Bring to a boil, cover and let it simmer over medium-low heat for 20 minutes. Stir once during cooking.
- 4** At the end of cooking time, season with garlic and black pepper.
- 5** Garnish with parsley before serving.



## Nutrient Analysis

### PER SERVING:

1/6 of recipe

### RENAL EXCHANGE:

Renal Exchange:

2 Protein + 1 Starch + 2 Vegetable

Calories **311Kcal**

Protein **19g**

Carbohydrates **24g**

Fibre **4g**

Total Fat **15g**

Saturated Fat **5g**

Cholesterol **54mg**

Sodium **90mg**

Potassium **581mg**

Phosphorus **226mg**