

## **Ground Beef and Cabbage**

### **Ingredients:**

1-1/2 lbs Ground Beef, such as ground chuck.

1 head of Cabbage, chopped into convenient pieces.

1-1/2 T Oil or Fat. (Use bacon dripping for best flavor.)

Seasoning to taste: Cavender's Greek Seasoning, Garlic Powder, Dill, Salt and Pepper.

### **Steps:**

1. Brown Beef in a skillet on Low-Medium heat. When done, turn heat to Low, soak up excess fat using a paper towel. Add water to 1/2 the height. Season with Greek seasoning, stir, and simmer about 15 min.
2. Bring 1-1/2 to 2 inches of water to a boil in a large Dutch oven on High heat. Add Cabbage and Garlic powder and cover. Stir after 4 minutes and re-cover. Cook another 4-6 minutes until done. Drain. Add Dill, Salt and Pepper, and Oil or Fat.
3. To serve, combine Beef and Cabbage in portions and ratios desired.

### **Notes:**

1. For time management, cook Beef and Cabbage in parallel.
2. Can be used as a main or side dish. Great for portion control.
3. For a spicy version, add Tabasco Sauce or Cayenne Pepper.
4. This dish can also be made with bacon in place of beef.