

# Slow Cooker UnStuffed Cabbage Rolls

## Ingredients

1	head	cabbage, chopped (approximately 1 pound or 4 cups)
1	lb	ground meat
1½	C	cauliflower rice
28	oz	diced or crushed tomatoes
½	C	low-sodium beef broth (use 1 cup broth for Instant Pot)
½	C	onion, diced
2	cloves	garlic, minced
1½	t	salt (or more)
1	T	dried parsley
½	t	smoked paprika
¼	t	pepper
1	T	oil

## Directions

### Slow Cooker

1. Heat oil in a large skillet over medium-high heat. Add ground meat and cook until no longer pink, crumbling as you go. **Drain grease.**
2. Add ground meat along with all ingredients **EXCEPT the cauliflower rice** to the slow cooker. Stir to mix well.
3. Cook HIGH 3-4 hour or LOW 6-8.
4. Add cauliflower rice and cook an additional 15-30 minutes or until rice is tender.

### Electric Pressure Cooker (Instant Pot)

1. Set pressure cooker to the **high saute** setting. Once hot, add oil.
2. Add ground meat & onion and cook until browned, 3-5 minutes, crumbling the meat as it cooks. Drain excess grease if needed.
3. Add all other ingredients EXCEPT the cauliflower rice. Stir to mix well.
4. Add lid, close and seal vent. Select manual setting and set time for 7 minutes. When cook time is completed, natural release pressure 5 minutes then quick release any remaining pressure.
5. Open lid & stir in cauliflower rice.
6. Add lid, close and seal vent. Select manual setting and set time for 0 (zero) minutes. Quick release pressure.