

# BRAISED CABBAGE

*Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium*

*Serves: 13 servings, about 1 cup each*

## **Nutrition (per serving)**

Calories: 99	Total Carbohydrate:
Total Fat: 5.3 g	Dietary Fiber: 2.4 g
Saturated Fat: 1.7 g	Protein: 6 g
Sodium: 600 mg	

## **Ingredients**

- 8 strips bacon
- 2 onions, chopped (about 2 cups)
- 2 Tbsp garlic, minced
- 2 cans diced tomatoes (14.5 oz cans)
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/8 cup soy sauce
- 1/8 cup balsamic vinegar

1/4 tsp crushed red pepper flakes

1 head cabbage, chopped into pieces

### **Directions**

1. Cook bacon until crisp. Set aside.

2. In a large pan, mix onion, garlic and diced tomatoes. Add bacon. Stir.

3. Add salt, pepper, soy sauce, vinegar and red pepper flakes. Heat mixture to boiling then reduce heat and simmer.

4. Steam cabbage and add to the sauce before serving. Stir well.