

Hot Pot Cabbage and Meatballs

Yield: 6 cups

Serves: 6 adults

Ingredients

Meatballs

- 1/4 medium chopped onion (1/4 cup)
- 1/2 pound lean ground beef or turkey
- 1/2 cup dry breadcrumbs
- 1 egg
- 1/4 cup low-fat (1% or less) milk
- 1/2 teaspoon salt
- dash of pepper.

Hot Pot Cabbage

- 1 large chopped cabbage (4 cups)
- 2 cloves minced garlic
- 1/2 medium chopped onion (1/2 cup)
- 2 teaspoons vegetable oil
- 1/2 cup water
- 1/2 cup vinegar
- 1/4 cup sugar
- 1 15-ounce can diced tomatoes (1 3/4 cups)

Steps for Making Meatballs

1. Preheat oven to 400 degrees.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Place all ingredients in a large bowl (**children may add onion, breadcrumbs, low-fat milk, salt and pepper**).
4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

Steps for Making Hot Pot Cabbage

1. **Wash** and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage. Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. **Enjoy!**

Have your child help you do the bold steps.

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