

Cabbage Jambalaya

1 lb ground beef	1 medium head cabbage, chopped
1 lb smoked sausage cut into 1 / 4 inch slices	1 14.5 oz can stewed tomatoes
1 onion, chopped	14,5 oz water
3 stalks celery, chopped	1 cup uncooked rice
1 clove garlic, chopped	1 pinch garlic salt, or to taste

1. Combine ground beef, smoked sausage, onion, celery, and garlic in a large stock pot over medium-high heat. Cook and stir until beef is evenly browned, about 5 minutes.
2. Stir in cabbage, tomatoes, water, and rice. Season with garlic salt.
3. Bring to a boil; reduce heat to low. Cover and cook, stirring once, until rice is tender, 35 to 40 minutes.

NOTES FROM THE COOK

1. "This is an EASY recipe. My son doesn't like cabbage but will eat this like crazy. You can make it low-fat by using ground turkey and low-fat sausage. They won't know the difference."
2. The jambalaya can also be prepared in the oven. Preheat oven to 350 degrees F (175 degrees C). Follow recipe as directed, but for Step 3, place jambalaya in the oven and cook, stirring once, until rice is tender, 35 to 45 minutes.

Serves 6

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