

GROUND CHICKEN AND CABBAGE BOW



SERVING SIZE

2



INGREDIENTS

ITEM

Green Cabbage, Shredded
Ground Chicken
Shallot, Diced
Olive Oil
Red Bell Pepper, Grated
Sweet Paprika

QUANTITY

3 Cups
8 Oz.
2 Tbsp.
½ Tbsp.
½ Cup
1 Tsp.

ITEM

Tomato Paste
Chicken Broth
Salt
Black Pepper
Cauliflower Rice, Cooked
Chopped Parsley (for Garnish)

QUANTITY

4 Tsp.
¾ Cup
To Taste
To Taste
1 Cup



PREPARATION

- Heat olive oil in a skillet over medium heat.
- Sauté the diced shallots until translucent.
- Add ground chicken and cook until browned.
- Stir in paprika, tomato paste, and grated red bell pepper.
- Pour in chicken broth and bring to a light simmer.
- Add shredded cabbage, stir, and cook until tender and flavors meld (about 8-10 minutes).
- Season with salt and pepper to taste.
- Serve warm over cauliflower rice, garnished with chopped parsley.