



## Instant Pot Cabbage Rolls

**Active Time:** 30 minutes | **Total Time:** 2 hours | **Serves:** 8

### Nutrition Information Per Serving

291.8 calories, 11.47 g carbohydrate, 4.2 g fiber, 7.27 g NET carbs, 25.4 g protein, 17.05 g fat

#### Ingredients

- 1 1/2 Cup(s) Muir Glen No Salt Added Tomato Sauce
- 1 head, medium green cabbage
- 1 Tbsp coconut oil
- 2 pound(s) grass-fed ground beef
- 4 clove(s) garlic, minced
- 1 small white onion, minced
- 1/4 tsp(s) black pepper
- 1 tsp paprika
- 1 tsp sea salt
- 2 cup(s) cauliflower
- 1 14.5-oz can diced tomatoes
- 1 Tbsp apple cider vinegar
- 1/4 tsp(s) allspice
- 1/4 tsp(s) garlic powder
- 1 large egg

#### Preparation

1. Fill large pot half full with water. Bring to a boil. Remove the core from the cabbage and carefully place the cabbage, core side down, in the boiling water. and add the cabbage whole. Turn the heat down to a simmer and allow the cabbage to cook for about 15 minutes.
2. Meanwhile, prepare the sauce. Add half the coconut oil to a pot over medium heat. Add half the onion and sauté; for 5 minutes. Add the diced tomatoes, tomato sauce, allspice, apple cider vinegar and garlic powder. Season with half the salt and half the paprika. Taste to adjust and remove from heat.
3. Prepare the filling. Rice the cauliflower with a hand grater or a food processor. Place on paper towels to allow water to drain.
4. In a large pan, add the remaining coconut oil and swirl to coat on medium-high heat. Add the remaining onions and sauté; for about 5 minutes. Add the garlic and cauliflower and sauté; for another 3 minutes. Turn off the heat and allow to cool.
5. Remove the cabbage from the water. Once cooled, carefully separate the leaves and place on paper towels to dry. Carefully slice the excess core from the ends of each leaf.
6. In a large bowl, break up ground beef and mix with the remaining paprika, salt and pepper. Add the egg and cooled onion-cauliflower sauté; and stir well with a wooden spoon.
7. Place the rack in the bottom of the pressure cooker. Pour in 1 cup water. Place 7-8 cabbage rolls on the rack. Cover the rolls with about 1/3 of the sauce. Add a second layer of rolls to the pressure cooker, alternating the direction of the second layer. Pour the remaining sauce over the top of the rolls. Do not overfill the pressure cooker. Cook in batches, if necessary.
8. Lock the lid in place, choose High pressure and set 18 minutes cooking time. When the beep sounds, turn off the pressure cooker, unplug it, wait for 15 minutes, then use Quick Pressure to release any

- remaining steam.
9. Gently remove the cabbage rolls from the pressure cooker to a platter. Serve the sauce over the cabbage rolls.

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