

Romanian Sarmale Stew - Slow Cooker

Whole30, Gluten-free, Dairy-Free, Grain-free, Nut-free, Soy-free, Corn-free
adapted from BowlOfDelicious.com

www.joyclam.com

4-6 servings

- 1 lb **ground beef or pork, raw**
- 1/3 head of **cabbage**, torn into pieces (~3 cups)
- 2 C **sauerkraut**
- 3 C **riced cauliflower**
- 26 oz **crushed tomatoes** (750g box, or 3 cups)
- 1 **onion**, diced
- 1 TBSP **olive oil**
- ¼ C **fresh parsley**, chopped
- ¼ C **fresh dill**, chopped (or 4 tsp dried dill)
- 2 TBSP **thyme**
- **sea salt** and **pepper** to taste

1. Combine all ingredients in oiled slow cooker.
2. Cook on high for 4 hours, until beef is thoroughly cooked.

Substitutions/Suggestions:

To make riced cauliflower: cut 1 head of cauliflower into florets and wash thoroughly. Pulse in food processor until finely chopped to resemble rice. Or use prepared frozen cauliflower rice free of preservatives or added ingredients.

If not on a dairy-free diet, serve with sour cream.

Use homemade sauerkraut, or make sure it is free of additives and preservatives.

Tomatoes should have maximum of two ingredients: tomatoes, salt. NO preservatives!

Fresh parsley is important.