



InstaPot Cabbage Roll Casserole

Ingredients

- 1 pound lean ground beef or turkey
- 1 cup diced onion
- 1 teaspoon garlic powder
- 1½ cups low sodium beef broth, divided
- 1 cup uncooked long grain white rice
- 14.5 oz. can low sodium petite diced tomatoes
- 8 oz. can low sodium tomato sauce
- 16 oz. bag shredded cole slaw cabbage mix
- 4 oz. shredded cheddar cheese

Instructions

- Turn Instant Pot to medium sauté setting.
- When the display says HOT, add in the ground meat and break it up. Add in the onion and garlic powder. Brown the meat for about 5 minutes.
- Turn off the sauté setting and scrape bottom of the Instant Pot with a wooden spoon. Add in half of the beef broth. Stir rice, diced tomatoes, and tomato sauce into Instant Pot. Layer cabbage on top. Pour the rest of the broth over the cabbage.
- Cover the Instant Pot and secure the lid. Set the manual/pressure cook button to 8 minutes.
- When the time is up let the pot sit for 10 minutes and then move the valve to venting. Remove the lid.
- Stir in cheddar cheese and enjoy!

RECIPE AND IMAGE ADAPTED FROM:
365 DAYS OF CROCKPOT