



Cabbage Roll Stew



1/5th of recipe (about 1 1/2 cups): 267 calories, 4g total fat (1.5g sat fat), 634mg sodium, 35g carbs, 5.5g fiber, 22g sugars, 22.5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 10 minutes **Cook:** 35 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

- 1 lb. extra-lean ground beef (4% fat or less)
- 1/2 tsp. each salt and black pepper
- 1 1/2 cups chopped onion
- 1 tbsp. chopped garlic
- 6 cups chopped cabbage (about 1 medium head)
- One 14.5-oz. can diced tomatoes (not drained)
- 1 1/2 cups canned crushed tomatoes
- 1/2 cup jellied cranberry sauce
- 1/4 cup low-sugar grape jelly

Directions

Bring a large pot sprayed with nonstick spray to medium-high heat. Add beef and 1/4 tsp. each salt and pepper. Cook and crumble until slightly browned, about 4 minutes.

Add onion and garlic. Cook, stir, and crumble until beef is fully cooked and onion has softened and become translucent, about 5 minutes.

Carefully add remaining ingredients, including remaining 1/4 tsp. each salt and pepper.

Add 3/4 cup water. Stir well, and bring to a boil.

Reduce heat to low. Cover and simmer, until cabbage has completely softened, about 20 minutes, uncovering occasionally to stir.

MAKES 5 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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