

Keto Cabbage Rolls

Ingredients:

- 1 head cabbage
- 2 tbs bacon fat or avocado oil
- ¼ cup diced onion
- ¼ cup diced peppers
- 1 cup broth
- 2 eggs
- 1 can or 1 cup diced tomatoes
- 1 tsp salt
- ½ tsp black pepper
- ½ lb prepared thymus
- ½ lb shrimp
- 2 cups riced veggies (cauliflower, turnips, celery root, radish)

1. Prepare thymus by soaking/rinsing, boiling, chopping, and frying.
2. Remove 12 outer leaves from the cabbage. Bring a large pot of water to a boil and drop in the cabbage leaves. Boil for 2 minutes, until softened, then lay flat on a kitchen towel to drain and cool.
3. Use a food processor fitted with a shredding blade (or use a box grater) to grate the veggies to rice size. I like to make extra riced veggies and set aside some for other meals.
4. In a medium skillet, heat the bacon fat over medium heat. Add the onion and pepper, and saute 2 minutes. Add the riced veggies and ½ cup of the broth. Cook, stirring occasionally, for about 5 minutes, until the riced veggies are cooked but still firm. It should still have some texture to it. Remove from the heat and allow to cool slightly.
5. In a large bowl, lightly beat the egg. Mix in the drained tomatoes, salt, and pepper. Add the meat and mix well. Add the riced veggie mixture and stir to combine.
6. Divide the mixture evenly among the cabbage leaves, placing the filling in the center of each. Fold the sides and roll each one up tightly. Secure with a toothpick.
7. Mix the reserved tomato juice (if using canned) with the remaining ½ cup broth.
8. Place the cabbage rolls in a single layer in the skillet used to cook the riced veggies. Pour the broth mixture over the top and cover the skillet. Heat over medium high until the liquid boils, then reduce the heat and simmer for about 30 minutes.

Makes 6 servings