

Italian Beef Roll Ups

Ingredients

- 100 grams lean flank steak
- 1½ cups cabbage, finely chopped
- 1 cup hcg diet approved beef broth or water
- 2 tablespoons apple cider vinegar
- 1 tablespoon Bragg's liquid aminos
- 1 clove garlic, crushed and minced
- 1 tablespoon onion, minced
- 1 teaspoon Italian herb mix
- Salt and pepper to taste

Directions

1. Tenderize steak with manual meat tenderizer until flat and thin.
2. In a frying pan combine the cabbage with all spices, vinegar, and the Bragg's liquid aminos.
3. Cook until slightly tender.
4. Spoon cabbage mixture onto pounded flank steak and wrap into a roll.
5. Fill the bottom of the pan with a little water and beef broth.
6. Salt and spice the top of the roll.
7. Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender.
8. Baste occasionally with juices to keep the rolls moist.

Variation

Substitute spinach for the cabbage filling.

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| Makes 1 serving (1 protein, 1 vegetable) |
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| 22 grams protein |
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| 8 grams fat |
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| 205 calories |
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PHASE 3 MODIFICATIONS:

Top with herbed cream cheese, marinara sauce, Alfredo sauce or provolone cheese and bake until bubbly and brown. Substitute chopped broccoli and cheddar cheese for the filling.



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