



## Spicy Beef and Cabbage Serves: 4-6

### Ingredients:

1 tablespoon olive oil	1 tablespoon tomato paste
1 pound lean ground beef	1 tablespoon brown sugar
1 onion, diced small	2 cups beef stock
1 clove garlic, sliced	1 (28-ounce) can, whole, peeled tomato
1 teaspoons salt	1 (14-ounce) can crushed tomatoes
1 teaspoon dried oregano	1 cup basmati rice
1 teaspoon red pepper flakes	1 medium head green cabbage, coarsely chopped
1 tablespoon Worcestershire sauce	¼ cup chopped fresh parsley
1 tablespoon red wine vinegar	

### Directions:

1. Press “**sear**”, set to 6 minutes, then press “**start/stop**”.
2. When oil is hot, add beef and brown, stirring constantly..
3. Transfer beef to paper towel-lined dish to drain, reserving 2 tablespoons beef fat in the cooker.
4. Add onions, garlic and seasonings to pressure cooker and stir to combine.
5. Stir in Worcestershire sauce, vinegar, tomato paste, brown sugar and beef stock.
6. Return beef to pot and stir in tomatoes, rice and cabbage.
7. Close lid and lock.
8. Press “**time**”, set to 7 minutes, then press “**start/stop**”.
9. When done, the cooker will automatically go to the “**warm**” feature and the pressure will release naturally.
10. Open lid and stir in fresh parsley. Serve.