**Instant Pot Stuffed Cabbage Roll Bowls (Whole30 Paleo)**

**Ingredients**

1 lb ground turkey or beef

1 small onion diced

1 teaspoon avocado oil or olive oil

1 teaspoon kosher salt

1 teaspoon minced garlic

1 teaspoon marjoram

3/4 cup tomato sauce

1 cup low sodium chicken broth or beef broth

1 1/2 cups cauliflower rice

6 cups chopped cabbage

**Instructions**

Turn on Saute function on Instant Pot. Add oil and heat for 30 seconds. Add ground turkey, onions, and salt. Cook, stirring, until meat is browned.

Turn off Saute function. Add remaining ingredients and combine well. Cook using Manual function for 3 minutes. Quick release pressure.

Add salt and pepper to taste. Serve with additional cauliflower rice if desired.

Calories: 138kcal | Carbohydrates: 9g | Protein: 20g | Fat: 2g | Cholesterol: 41mg | Sodium: 623mg | Potassium: 613mg | Fiber: 3g | Sugar: 4g | Vitamin A: 220IU | Vitamin C: 48.2mg | Calcium: 46mg | Iron: 1.5mg