



Pastrami Chicken

Instructions:

Pound the chicken cutlets thinly.

Simmer the onion in a pan with water for 15 minutes or until golden.

Add the bag of cabbage, adding hot water as needed.

Simmer for another 20 minutes or until soft and cooked.

Add the pastrami and simmer for another 10 minutes.

Add the soy sauce and spices.

Add the chicken and cook for another 20 minutes.

If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.

Prep Time:

10 minutes

Cook Time:

1 hour

Ingredients:

8 oz. chicken cutlets - cubed

1 medium onion - sliced thinly

16 oz. bag shredded green cabbage

4 oz. lean pastrami - cut into bits

2 TBSP. soy sauce

garlic powder & paprika to taste