

# Dumplings



Serving: 4 Prep: 25 minutes



Preparing Time: min



Total Duration: min

## Ingredients

- ♦ Dumpling wrappers
- ♦ ½ lb ground pork
- ♦ 1 cup cabbage
- ♦ chopped
- ♦ Soy sauce

## Directions

- ♦ Mix pork and cabbage.
- ♦ Fill wrappers and fold.
- ♦ Boil until they float.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 18g, Carbs 28g, Fat 8g

## Notes

Hand-folded dumplings often made as a family on New Year's Eve.

