

# Refried Bean and Cabbage Slop

Number of Servings: 2

Prep Time: 10 minutes

Cook Time: 15 minutes

## Ingredients

1 large onion, sliced  
1 small cabbage, sliced or shredded  
4 cloves garlic, minced  
2 tbsp coconut oil  
2 medium carrot, shredded  
1 can coconut milk  
1 can refried beans  
1/2 cup basmati rice, cooked  
1/2 cup Salsa  
1 tsp cumin  
2 tsp oregano  
1/4 tsp chili powder  
salt & pepper  
hot sauce to taste

## Instructions

Fry onion and garlic in coconut oil for 5 minutes, then add cabbage and cook for another 10 minutes until cabbage is softened.

Add carrots, cook for 3-5 minutes then add remaining ingredients.