

Cabbage



Selection - Choose crisp, tightly packed heads that feel heavy. Cabbage can be green or red.

Storage - Store whole heads of cabbage in the refrigerator (stays fresh for up to 2 weeks).

Nutrition - Vitamin C in cabbage supports healing of cuts and wounds.

3 EASY WAYS TO USE CABBAGE

- To make a cabbage salad, cut cabbage head in half and then in half again. Remove hard inner core and thinly slice or shred. Add shredded carrots, vinegar (apple cider vinegar works well), lemon juice and pepper. To make a creamy dressing for your cabbage salad, add some plain Greek yogurt.
- To sauté cabbage, add about 1/2 cup of broth to a pan. Once bubbling, add thinly sliced cabbage, garlic and spices. Cook until soft.
- To roast cabbage, cut cabbage head in half and then in half again. Remove hard inner core and slice into wedges. Place on baking sheet, drizzle with olive oil, and sprinkle with spices, such as Italian spice mix. Roast until soft at 400 degrees for about 40-45 minutes.

Ingredients

- ☐ 1 pound lean ground beef
- ☐ 1 tablespoon olive oil
- ☐ 1 clove garlic, chopped
- ☐ 1 onion, chopped
- ☐ 1 green pepper, chopped
- ☐ 1 small head of green cabbage, cut into strips
- ☐ 1 (8 ounce) can tomato sauce
- ☐ 2 tablespoons tomato paste
- ☐ 1 (28 ounce) can diced tomatoes, not drained
- ☐ 1 teaspoon smoked paprika
- ☐ 1 tablespoon Worcestershire sauce
- ☐ 1/2 cup low sodium beef broth
- ☐ Salt and pepper, to taste

Directions

1. Heat a large pot over medium heat. Add the ground beef and season with salt and pepper. Cook until browned, about 5 minutes. Remove the beef from the pot to a plate and set to the side.
2. Add olive oil and garlic to the pot and cook for 30 seconds. Then, add onion and peppers. Cook over medium heat until the onions are clear, about 5 minutes.
3. Add the cabbage, tomato sauce, tomato paste, and canned diced tomatoes to the pot and stir.
4. Stir in paprika, Worcestershire sauce and broth. Add the cooked beef back into the pot.
5. Turn the heat to high and bring to a boil. After it starts to boil, turn the heat to low to simmer (bubble) and cover with a lid. Allow to simmer over low heat for about 30 minutes, or until cabbage is very soft. Serve over rice or with cornbread.

