

Stewed Cabbage

Just Say Yes to Fruits and Vegetables

Cabbage does not have to be boring or bland with this tasty recipe.



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Serves 4 • Serving: ¾ cup



Look for cans of stewed tomatoes marked “No Salt Added” or “Low Sodium.”

Ingredients:

- 2 teaspoons vegetable oil
- 1 chopped onion
- 2 finely chopped garlic cloves
- 2 chopped celery stalks
- 3 cups chopped cabbage
- 1 can (14.5 ounces) stewed tomatoes, with liquid
- Salt and pepper, to taste

Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add onion, garlic and celery. Cook for 5 minutes or until soft.
3. Add cabbage and 2 tablespoons water, lower heat to low and cook for 15 minutes. Stir often.
4. Add tomatoes and cover pan. Cook for about 30 minutes or until cabbage is soft. Stir often.
5. Season with salt and pepper. Serve hot or cold.
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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