

Ethiopian Cabbage

By: Dottie Baltz

Makes 5-6 Servings

- ~ 1 tablespoon Olive Oil
- ~ 4-5 carrots, thinly sliced
- ~ 1 medium sized onion, thinly sliced
- ~ 1 teaspoon salt
- ~ 1 teaspoon ground black pepper
- ~ 1 teaspoon cumin
- ~ 1/4 teaspoon tumeric
- ~ 1/2 large head of cabbage or 1 small head of cabbage, sliced thin or shredded
- ~ 5 potatoes cubed into 1/2" pieces (peeling is optional)
- ~ 1/4 cup water

Saute carrots and onions in oil for about 4 minutes on medium heat. Add seasonings and cabbage and continue cooking for 15-20 minutes, stirring every 5 minutes or so.

Add potatoes, 1/4 cup of water, cover and reduce heat to medium low and continue cooking for 10-15 minutes until potatoes are tender.

The tumeric gave this dish a wonderful color and cutting the potatoes smaller allowed it to cook much faster so that the cabbage does not turn to mush. I hate mushy cabbage. We left the skins on the potatoes for extra fiber and added a little water at the end because the original recipe called for a lot more oil, which I felt was not necessary. You do need a little liquid to help the cabbage steam and cook, but you do not want it soupy what-so-ever. If you feel you have enough liquid when adding the potatoes, just leave it out.