

Cabbage



Ingredients

- 1 head of cabbage
- 1 small onion
- 1 small green pepper
- 4 pieces of turkey bacon
- 2 cups turkey stock
- Olive oil
- Salt and Pepper
- Garlic Powder
- Chili Powder
- Red Pepper flakes

Utensils

- Large pot with lid
- Measuring cups and spoons
- Knife
- Cutting board
- Pot holders
- Colander



Recipe Instructions

Step 1: Sauté Veggies

Put large pot on the stove and add a bit of olive oil to the bottom of the pan and turn on medium heat.

Dice the onion and green pepper and add to the pot to start sautéing your veggies.

Step 2: Bacon

Cut bacon into smaller chunks and add to the pot to begin cooking.

We are looking for our veggies to be tender, and the bacon to be cooked through.

Step 3: Cabbage

Cut the stem off your cabbage and cut into thin strips.

Put the cut cabbage into the colander and wash it under cold water.

Step 4: Season

Once your cabbage is washed, you may put it into the pot and add your turkey stock.

Seasonings can be very personal. Add the seasonings to your liking.

Stir everything together.

Step 5: Cook

Put the lid on the pot and cook on a medium heat for about 15 minutes, stirring occasionally.

The longer you cook, the more tender your cabbage will be. Cook to your desired tenderness.

Step 6: Enjoy!

Serve and Enjoy with your favorite meal!

Check out our recipe for Cornbread Muffins and you can pair that for a delicious snack!



Scan this QR code with your phone to check out our Easy Eats for Every1 YouTube channel!

Kitchen Safety Tips: Always use pot holders.

Notify anyone around you that you will be using the stove.

Be careful whenever you are using a knife, especially cabbage because it is very hard!