

STEWED CABBAGE

Ingredients

1. 1 Small Head of Cabbage
2. 1 cup of water
3. 1 tblsp. Olive Oil
4. 1/2 tsp. Salt
5. 1 tblsp. Sugar
6. 1/4 tsp. Crushed Red Pepper
7. 1/8 tsp. Mustard Seeds (optional)

Instructions

1. Shred Cabbage to desired size.
2. Wash Cabbage.
3. Add to pot.
4. Pour water in pot.
5. Add oil, salt, sugar, red peppers, and mustard seeds (if used).
6. Bring cabbage to a boil. Boil for approximately 15 minutes, stirring occasionally. Cabbage should retain its original color, if it starts to turn brown, you have cooked them too long.
7. For Steamed Cabbage, cook for less time, cabbage will be slightly hard.
8. For spicier cabbage, use more peppers.