

Two Recipes for Cabbage

Cabbage Soup

Start with:

- 3 cups chopped cabbage
- 1 stalk chopped celery
- 1 large sliced carrot
- 1 cup tomato puree
- 1 ½ cups chopped onion
- 1 ½ cups chopped potato
- 4 cups chicken broth or water
- 2 tablespoons margarine or butter
- 1 tablespoon honey
- 1 teaspoon salt, pinch of black pepper



Next:

- Place potatoes and water/broth in a saucepan and cook until tender (save the water!)
- Cook onions in margarine/butter until they are fairly “see-through.” Add celery, carrots, and cabbage. Add the water/broth from earlier, and cover until veggies are tender.
- Add potatoes and all remaining ingredients
- Cover and simmer for 30 minutes.

Cabbage & Beef Casserole

Start with:

- 1 head of cabbage
- 1 pound ground beef
- 1 cup chopped onion
- 1 stalk chopped celery
- 1 green pepper
- 1/3 cup of ketchup
- 1 14-oz. can of stewed tomatoes
- ½ teaspoon of salt, pinch of black pepper



Next:

- Wash and slice the cabbage in half. Peel off large pieces.
- Lightly coat a casserole dish w/ oil. Line with cabbage leaves.
- Chop the remaining cabbage coarsely to make 3 cups.
- Cook grnd beef, onion, & celery in skillet until beef is brown.
- Add the chopped pepper, tomatoes, ketchup, 1/3 cup water, walt, and pepper. Bring to a boil.
- Spoon the mixture into the cabbage-lined casserole dish.
- Bake 35 minutes at 350 degrees