



ETHIOPIAN CABBAGE DISH

February 17

National Cabbage Day

INGREDIENTS

- ½ Cup Olive Oil
- ½ Pound Carrots, Thinly Sliced
- 6 Ounces Onion, Thinly Sliced
- 1 Pound Shredded Cabbage
- 1 Teaspoon Salt
- ½ Teaspoon Pepper
- ½ Teaspoon Cumin
- ½ Teaspoon Turmeric
- 2 Pounds Potatoes, Peeled and Cut into 1-inch Cubes

DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes.
3. Stir in cabbage, salt, pepper, cumin, and turmeric; cook for 15 to 20 minutes.
4. Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/8 Cup	1/4 Cup	1/2 Cup	1/2 Cup