



Country-Style Wilted Cabbage and Greens Sauté*

prep time:
15 minutes

cook time:
16 minutes

makes 8 servings

grocery list

slab bacon

Enova Oil

fresh large sweet onion and fresh garlic

pre-shredded carrot

fresh savoy cabbage

1 jar **Kühne German Red Cabbage**

Cut 'n Clean Country Style Mixed Greens

corned beef or chicken stock

Morton & Bassett Caraway Seeds

*Exclusive Chef Faith Alahverdian recipe.

country-style wilted cabbage and greens sauté

4 strips slab bacon, cut into 1/2-inch pieces

2 tbsp. **Enova Oil**

1 large sweet onion, diced

1/2 tsp. **Morton & Bassett Caraway Seeds**,
crushed

2 cloves garlic, minced

1/4 cup pre-shredded carrot

2 cups shredded savoy cabbage

1 jar **Kühne German Red Cabbage**, drained well

2 cups **Cut 'n Clean Country Style Mixed Greens**

1 1/2 cups corned beef stock or chicken stock

1. In a large, deep sauté pan, cook bacon over medium heat until soft. Remove bacon from pan. Add **Enova Oil** to pan and heat slightly.
2. Add onion, caraway seeds, freshly ground pepper to taste, and garlic; stir and cook 3 minutes or until soft and fragrant. Stir in carrot, both cabbages, and mixed greens; sauté 2 minutes.
3. Add stock and cover pan. Reduce heat to medium-low; simmer until the liquid is evaporated, about 8 minutes. Return bacon to pan and check seasoning. Add kosher salt and freshly ground pepper to taste.

Per Serving: 140 calories, 20g carbohydrate, 3g protein, 5g fat, 2g fiber, 5mg cholesterol, 140mg sodium

cook's journal

kitchen tools

cutting board

chef's knife

measuring spoons

dry measuring
cups

liquid measuring
cup

large, deep sauté
pan with lid

recipe note

Savoy cabbage has loose crinkled pale to dark green leaves. It has a mellow flavor and is considered an excellent choice for cooking. Cooking cabbage lightly, as in this recipe, helps retain vitamins and color, and also reduces odor.

a good idea

Try savoy cabbage as a soft wrapper for different vegetable or meat fillings.

