

FEAST

Families Eating Affordably & Sustainably Together



Sisters Health Foundation
Sponsored by the Congregation of St. Joseph



At Home

Sweet and Sour Cabbage

Cabbage is a readily available winter staple and can be used in so many ways. Since this sweet and tangy dish relies mostly on pantry staples, it's an easy, delicious fix when your cupboard seems bare. As a bonus, enjoy a simple raw apple crisp for dessert!



You'll need the following kitchen supplies:

Measuring cups and spoons
Mesh strainer
Medium saucepan
Cutting board and sharp knife

A few small bowls
Large Skillet
Wooden spoon
Can opener



Video link



Sweet and Sour Cabbage

Ingredients:

For the cabbage:

1 yellow onion, sliced
1 small green cabbage, shredded
2 carrots, sliced
1 14 oz. can crushed tomatoes
¼ cup apple cider vinegar
1 tablespoon brown sugar
1 tsp. paprika
½ tsp. garlic powder

¼ tsp. cayenne pepper
½ teaspoon salt*
½ tsp ground black pepper*
½ cup dry roasted peanuts, chopped

For the rice:

½ cup brown rice
1 cup water*

*NOT INCLUDED

Instructions

1. Make the rice: Bring 1 cup of water to a boil. In a mesh strainer, rinse rice under cold running water. Rinsing removes surface starch and will make your cooked rice fluffier and less clumpy.

Once boiling, add rice, stir and reduce heat to low and simmer for 40 minutes. After 40 minutes, remove from heat and cover to steam for an additional 10 minutes. Fluff with fork.

2. Prepare the vegetables: While rice is cooking, slice the onion, shred the cabbage (easiest if you quarter the cabbage and remove the core first), and slice the carrots. Chop peanuts. To keep nuts from rolling around on your cutting board, place nuts in a small ziplock and gently crush with a rolling pin or other heavy object.

3. Prepare the cabbage: Preheat a large skillet over medium heat. Add onion along with 2 Tbsp. water and saute for 5 minutes until softened. Add more water as needed to prevent onion from sticking.

Once onion is softened add carrot and cabbage. Cook over medium-high heat, stirring as needed until carrots are softened, about 5-8 minutes. Add water 2-4 Tbsp. at a time to prevent vegetables from sticking.

Stir in tomatoes, vinegar, sugar, paprika, garlic powder, and cayenne pepper. Cook stirring as needed until everything is heated through, about 3-5 minutes.

5. Assemble: Place ¼ cup of brown rice in the bottom of the bowl, add ½ cup of sweet and sour cabbage, and top with chopped peanuts.