



Cabbage

Southern Cooked Cabbage

Ingredients

- 2 tablespoons oil
- 1 head cabbage, chopped
- 1 ½ cups broth
- ½ teaspoon salt
- ½ teaspoon pepper

Prep time: 10 minutes

Cooking time: 15 minutes

Makes 4-6 side servings

Directions

1. In a large pot, heat the oil. Add remaining ingredients and stir.
2. Bring to a boil. Then, immediately reduce heat to a simmer and cover.
3. Simmer for 12 to 15 minutes or until cabbage is tender.

Recipe adapted from Alabama Cooperative Extension System

Choosing

Choose cabbage heads that are firm and dense with shiny, crisp, colorful leaves free of cracks, bruises, and blemishes.

Preparing

Cabbage can be eaten raw or cooked; cooking it just until tender-crisp preserves the most nutrients and flavor. Remove the outer leaves, then cut the head into any size, slicing through the heart and stem first so any unused portion stays intact (store it cool and moist for later use). If the cabbage has wilted, freshen it in cold water before cooking. To preserve it longer, try making sauerkraut.

Storing

Store a whole head in a plastic bag in the crisper for 1–2 weeks. A cut portion should be wrapped tightly in plastic and refrigerated, then used within a couple of days, since cut cabbage loses vitamin C quickly.

