



Cabbage Jambalaya

1 pound lean ground beef	1 (13 ounces) package turkey smoked sausage, sliced	1 (14.5 ounces) can diced tomatoes
1 ½ cups chopped celery	1 medium head cabbage, chopped (about 10 cups)	2 cups water
1 ½ cups chopped onion		1 cup brown rice
2 cloves garlic, minced		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein

Kentucky Cabbage

SEASON: June to July and September to November

NUTRITION FACTS: Cabbage is low in fat and calories and is rich in vitamin A.

SELECTION: Leaves should be crisp and free of insects and decay. Avoid burst heads. Choose firm cabbages that are heavy for their size.

STORAGE: Cover loosely and store in refrigerator for up to 2 weeks. Wash just before using.

PREPARATION: Discard outer leaves and core.

To boil: Do not use aluminum pan. Cut cabbage into quarters and boil in water for 10 to 15 minutes, until tender. Drain and serve hot.

To steam: Place cabbage (shredded, wedges, or whole leaves) into a steamer basket. Cook 12 to 15 minutes, until tender. To bring out the natural flavor, add apples, pears, raisins, curry, caraway, dill, or onions.

To stir-fry: Shred cabbage, and place in a skillet that has been sprayed with cooking spray or oil. Cook quickly over high heat, stirring constantly.

CABBAGE

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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<http://plateitup.ca.uky.edu>



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