

Ethiopian Cabbage – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 40 minutes
Total Time: 50 minutes

Serving Size: 4
Calories per serving: 148
Fat per serving: 0

Ingredients

- 1/2 cup water
- 3 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1/2 head cabbage, thinly sliced
- 4 carrots, sliced
- 1 onion, sliced
- 4 potatoes cut into chunks
- 3 cloves garlic, minced
- 1 tablespoon ground ginger
- 3/4 teaspoon turmeric
- 1/4 teaspoon black pepper
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Instructions

1. In a saucepan, heat vegetable broth over medium heat. Add the carrots, onion and garlic, and cook for 5 minutes.
2. Add ginger, black pepper and turmeric and keep cooking for 2 more minutes.
3. Add the water and cabbage and mix well. Cook covered for 30-35 minutes, reduce heat to medium.

Notes

Nutrition facts (per serving): Calories: 148, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 70mg, total carbohydrate: 33g, fiber: 7g, sugar: 1g, protein: 6g.