

Cajun Cabbage Stew

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1/2 tablespoon of bacon drippings or butter
1 cup of chopped onion
1/4 cup of chopped green bell pepper
1 stalk (rib) of celery, chopped
2 teaspoons of chopped garlic
1/2 pound of ground pork or beef
1/2 pound of mild andouille or other spicy smoked sausage, sliced
6 cups of water
3 teaspoons of chicken or beef bouillon or base (like Better Than Bouillon)
1 (10 ounce) can of diced tomatoes with green chilies (like Rotel), *undrained*
1 medium head of cabbage, halved, cored and sliced
1 large carrot, scraped and diced
1 large potato, peeled and diced
Splash of apple cider vinegar
1/2 teaspoon of dried basil
1 teaspoon of dried parsley
Kosher salt and freshly cracked black pepper, *to taste*
1/4 to 1/2 teaspoon of Cajun seasoning, *or to taste*

Saute the onion, bell pepper and celery in the bacon drippings or butter until softened; add the garlic and cook another minute. Add the ground beef and andouille sausage; cook until ground beef is browned. Drain off any excess fat that has accumulated. Add the water, bouillon and Rotel, bring to a boil, reduce heat to simmer, cover partially and let simmer at a low bubble for 1 hour.

Stir in the cabbage, carrot, potato, vinegar and seasonings. Cover and continue to simmer another 25 to 30 minutes, or until cabbage and vegetables reach the desired level of tenderness. Taste and adjust seasonings as needed before serving. May serve as is, or over cooked rice. (continued page 2)

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Cook's Notes: When using ground pork, I prefer chicken base and beef base with ground beef. Andouille sausage is a highly spiced smoked sausage that is blended with Cajun spices, adding a spicy kick and great flavor to these dishes. If you substitute kielbasa or other smoked sausages in recipes where it calls for Andouille, it will affect the outcome of your dish and you'll need to make adjustments in the seasonings you use.

May also use spicy breakfast or Italian sausage (casings removed), or ham. For less heat, substitute one (14.5 ounce) can of diced tomatoes for the Rotel and use a milder sausage. May substitute broth or stock for the water and base. Add additional liquid for more of a soup-like consistency.

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