



Cabbage Patch Stew

Karen Ann Bland
GOVE, KANSAS

I like to serve steaming helpings of hearty stew with thick crusty slices of homemade bread. For a quicker prep, substitute coleslaw mix for the chopped cabbage.

Cabbage Patch Stew*

PREP: 20 min. ■ COOK: 6 hours

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| 1 pound lean ground beef (90% lean) | 1 can (10 ounces) diced tomatoes with green chilies, undrained |
| 1 cup chopped onion | 1/2 cup ketchup |
| 2 celery ribs, chopped | 1 to 1-1/2 teaspoons chili powder |
| 11 cups coarsely chopped cabbage (about 2 pounds) | 1/2 teaspoon dried oregano |
| 2 cans (14-1/2 ounces each) stewed tomatoes | 1/2 teaspoon pepper |
| 1 can (15 ounces) pinto beans, rinsed and drained | 1/4 teaspoon salt |
| Optional ingredients: shredded cheddar cheese and sour cream | |

- In a large skillet, cook the beef, onion and celery over medium heat until meat is no longer pink; drain.
- Transfer to a 5-qt. slow cooker. Stir in the cabbage, stewed tomatoes, beans, diced tomatoes, ketchup, chili powder, oregano, pepper and salt. Cover and cook on low for 6-8 hours or until cabbage is tender.
- Serve with cheese and sour cream if desired.

Yield: 8 servings (2 quarts).

***Nutrition Facts:** 1-1/2 cups (calculated without optional ingredients) equals 214 calories, 5 g fat (2 g saturated fat), 28 mg cholesterol, 642 mg sodium, 29 g carbohydrate, 6 g fiber, 16 g protein.

Diabetic Exchanges:

2 lean meat, 2 vegetable, 1 starch.

To quickly chop an onion, peel and cut in half from the root to the top. Leaving the root attached, place flat side down on a work surface. Cut vertically through the onion, leaving the root end uncut. Cut across the onion, discarding the root end. The closer the cuts, the finer the onion will be chopped.