

# STEWED CABBAGE AND TOMATOES



## SERVING SIZE

4



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Medium Savory White Cabbage	1	Salt	1 Tsp.
Olive Oil	1 Tbsp.	Black Pepper	¼ Tsp.
Red Bell Pepper	1	Bay Leaves	2
Tomato Paste	2 Tbsp.	Freshly-chopped Dill	1 Tbsp.



## PREPARATION

- Remove the tough outer leaves of the cabbage. Cut it in half, remove the core, and then finely shred the cabbage.
- In a large pot, heat the olive oil over medium heat. Add the diced red bell pepper and sauté for about 2-3 minutes until it starts to soften.
- Add the shredded cabbage to the pot. Stir well to combine it with the sautéed pepper.
- Mix in the tomato paste, which will add depth and flavor to the dish. Stir until the cabbage is well coated with the tomato paste.
- Season the cabbage with salt, black pepper, and add the bay leaves.
- Reduce the heat to low, cover the pot, and allow the cabbage to simmer for about 15-20 minutes, or until it softens and wilts.
- Remember to stir occasionally to prevent it from sticking to the pot.
- Once the cabbage is tender, remove it from the heat.
- Discard the bay leaves and sprinkle the freshly chopped dill over the stewed cabbage and tomatoes.
- Enjoy!