

Cowboy Hamburger & Cabbage Skillet

1 lb ground beef

1 sm head of cabbage, quartered & sliced

1 lg onion, quartered & sliced

1 lg carrot, shredded

2 - 3 lg tomatoes chopped

(or 1 can [16 oz] diced tomatoes & juice)

2 cloves garlic, minced

2 tbs Worcestershire sauce

1 tbs rice vinegar

1 tsp chili powder

1 tsp brown sugar

1 tsp paprika

½ tsp celery seed

½ tsp salt

½ tsp black pepper

1 pinch red pepper flakes

34 cup shredded cheese (optional)

In a large skillet, with a lid, brown the ground beef over medium high heat. Once cooked through, drain the grease and add in the chili powder, brown sugar, paprika, celery seed, salt, pepper and pepper flakes. Stir to combine, add in the vinegar and Worcestershire sauce. Add the sliced cabbage, onions, carrots, diced tomatoes with juice and garlic. Stir to combine, cover and reduce heat to medium. Cook, stirring occasionally, for 25 minutes. Remove the lid and stir in the cheese. Serve with hot buttered combread.

**** Haluski – Cabbage & Noodles ****

a rich and creamy, budget friendly comfort food; a favorite way to eat cabbage

Ingredients

1/2 cup butter

1 medium head cabbage

1 large onion

1 pound egg noodles

1 pound carton (about 2 cups) sour cream

salt and black pepper

Instructions

In a large stockpot, put water to boil for noodles. Meanwhile, cut onion in half and slice thinly. lace butter and onion in large frying pan or Dutch oven. Sauté onions over medium heat until onions start to get tender and caramelize. While onions are cooking, thinly slice or shred your cabbage. Aim for uniform slices/shreds for even cooking. Add cabbage to pan with onions and butter. Cook the cabbage and onions 15-30 minutes, flipping and mixing regularly, until tender and showing a bit of browning. Meanwhile, cook noodles according to package directions. Aim for "al dente", not well done, so they hold up better in the finished haluski. Drain well. Add the noodles to the cabbage mix (or the cabbage mix to the noodles, whichever way it fits better) and mix well. Add the sour cream and stir until distributed throughout the dish. Season with salt and pepper and serve immediately. Serves 6-10.

Notes: Can add 8 oz softened cream cheese. Pairing up with sour cream and cheese helps the body absorb the fat soluble vitamins, too. Lightly browning your onions and cabbage is important. It really adds that "extra something" to the flavor of the dish. You can reheat your haluski on the stovetop or in the microwave (or just eat it cold), but don't overheat it or the sour cream will break and ruin the texture.

How to Cut Cabbage for Haluski: The most important thing to keep in mind when cutting your cabbage is to keep the pieces roughly even in size. That way you don't end up with half raw or half turning to mush. One of the easiest ways to cut up the cabbage is to start by quartering it and removing the core. Then take each quarter and cut it into strips. Depending on who's playing sous chef in the kitchen, strips vary in width from around half an inch to around a quarter of an inch. Both options work fine. Wider strips are faster to cut, thinner strips are faster to cook.

Similar dishes:

Irish (potato famine) Colcannon: potatoes, fried cabbage, onions, bacon, salt & pepper

Hungarian version: noodles, fried cabbage, onions, bacon, salt & pepper, cook ingredients, then bake as a casserole. Can add handful of cream of wheat when browning cabbage & onions, adding nutty flavor to the dish.

Perogies, Kraut Bierok (Cabbage Pockets)