



JERNEJ KITCHEN

GROUND BEEF CABBAGE STEW

Ground Beef Cabbage Stew is a simple, comfort dish, perfect for cold weather. It's made in one pot only with simple ingredients. Such a tasty recipe.

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOK:	70	MINUTES
TOTAL TIME:	80	MINUTES

GROUND BEEF CABBAGE STEW

- 2 tbsp vegetable oil
- 1 onion, peeled and diced
- 2 cloves of garlic, peeled and diced
- 1/4 chilli, diced
- 1 tsp cumin powder, 1 tbsp sweet paprika powder, 1/2 tsp ground coriander, 1/2 tsp oregano, salt, pepper
- 600 g ground beef (1.4 pound)
- 1 tbsp balsamic vinegar
- 600 g canned diced tomatoes (1.4 pound)
- 1 kg fresh cabbage (2.2 pounds or one medium head)
- 1 sprig of parsley
- 1 bay leaf
- 1 tbsp oyster sauce (optional)
- 1 tbsp soy sauce
- 360 ml water (1 1/2 cups)
- 6 tbsp sour cream (to serve)

COOK THE VEGGIES AND MEAT

Place a pot over medium-low heat. Add the vegetable oil and diced onion. Cook for about 5 minutes, stirring occasionally. Add the diced garlic and chili. Sauté for a minute, then add the spices (cumin, sweet paprika, coriander, oregano, salt, and pepper), and stir. Sauté for another minute. Increase the heat to medium-high. Add the ground beef. Cook until browned as it cooks, 6 to 8 minutes, stirring occasionally.

ADD THE CABBAGE

Add balsamic vinegar and diced tomatoes to the beef in the pot. Sauté for 2 - 3 minutes. Clean and quarter your green cabbage. Separate the cabbage leaves. Reduce the heat and add the cabbage leaves to the meat in the pot. Season with oyster sauce, soy sauce, bay leaf, and chopped parsley. Pour in the water, stir, cover with a lid and cook for about 45 - 60 minutes. Occasionally stir.

SERVE

When your Ground Beef Cabbage Stew is cooked, check the seasoning and season to taste with salt and pepper. Divide between six soup bowls and serve with a generous dollop of sour cream. Enjoy.

TOOLS AND EQUIPEMENT

- pot with a lid
- kitchen knife
- cutting board