



Ethiopian Cabbage Dish

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Prep
25 m

Cook
40 m

Ready In
1 h 5 m

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"My Ethiopian friend brought this dish to a potluck and I've been making it ever since. It is healthy and delicious. Do not add liquid. The cabbage and potatoes release enough moisture on their own."

Ingredients

1/2 cup olive oil	1/2 teaspoon ground cumin
4 carrots, thinly sliced	1/4 teaspoon ground turmeric
1 onion, thinly sliced	1/2 head cabbage, shredded
1 teaspoon sea salt	5 potatoes, peeled and cut into 1-inch cubes
1/2 teaspoon ground black pepper	

Directions

- 1 Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

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