

Ethiopian Cabbage

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- ½ cup olive or canola oil
- 2- cups carrots sliced about 4 medium carrots
- 1- medium onion chopped
- 2-3 teaspoons minced garlic
- 1 teaspoon curry powder or turmeric
- 1- teaspoon cumin
- 1 1/2 - teaspoon smoked paprika
- 1 large tomato diced
- 1- pound potatoes cut in chunks
- 1 bell pepper chopped
- 8 cups chopped cabbage about ½ cabbage head
- ½ teaspoon cayenne pepper or more to taste optional
- salt and pepper to taste

Instructions

1. • In a large saucepan or Dutch oven, heat oil over medium heat.
2. • Add onions, give it a minute or two then add, carrots, potatoes and tomatoes.
3. • Stir in all the spices; garlic, cumin, smoked paprika, curry, white pepper, cayenne pepper, and salt.
4. • Simmer for about 5 minutes, stirring occasionally to prevent burns.
5. • Pour in about 1 cup water to the saucepan , you may have to add more if needed. Continue to simmer for about 10-15minutes until the potatoes is almost tender.
6. • Finally add cabbage and green pepper, stir Continue cooking for about 5 minutes.
7. • Adjust for seasonings. Serve warm