

Unstuffed (Ground Turkey) Sweet-and-Sour Cabbage

Carolyn T's
Main Cookbook

Servings: 4

Author: Adapted from a recipe by Andrea Albin, Gourmet, 11/08



- 1 head cabbage (2-lb) quartered lengthwise and cored**
- 1/2 cup low-sodium chicken broth**
- 3 whole garlic cloves, thinly sliced, divided**
- 1 large onion, thinly sliced**
- 1 tablespoon olive oil**
- 1 pound ground turkey**
- 28 ounces canned tomatoes, including juice**
- 1/3 cup dried cranberries**
- 3 tablespoons red wine vinegar**
- 1 tablespoon packed dark brown sugar**
- 1/2 teaspoon caraway seeds**
- 1/2 teaspoon fennel seeds**
- 1/2 teaspoon oregano, crushed**
- 2 tablespoons Italian parsley, chopped**
- Salt and pepper to taste**

Serving Ideas: Serve with steamed rice or mashed potatoes. Or for a low-carb meal, it's sufficient as is.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 278 Calories; 14g Fat (42.1% calories from fat); 24g Protein; 18g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 413mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.

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Notes: If you cook the meat mixture longer, uncovered, some of the broth and juices will cook away. If you want all of that liquid, just cover the pot instead.

1. Cut cabbage into wedges and place cabbage in a deep 12-inch heavy skillet with broth, 1 garlic clove (sliced), and a rounded 1/4 tsp salt. Bring to a simmer over medium heat, then cook, covered, turning cabbage occasionally, until very tender, about 30-40 minutes. (Add more broth or water if necessary.)
2. Meanwhile, cook onion and remaining garlic in oil in a heavy medium pot over medium heat, stirring occasionally, until golden, about 8 minutes.
3. Stir in tomatoes with their juice, cranberries, vinegar, and brown sugar and simmer, uncovered, stirring occasionally and breaking up tomatoes with spoon. Add 1/2 tsp each of salt and pepper.
4. Increase heat to medium-high and when mixture comes to a boil, place brick of ground turkey on top. Cover pot, reduce heat and allow to simmer slowly for about 10 minutes. Do not stir. When turkey is cooked through, use a spatula to break up the turkey into small bite-sized pieces (this gives the finished dish more texture). Simmer until slightly thickened, about 10 minutes. Season with salt and pepper to taste.
4. Place cabbage wedge into a large, flat soup bowl and spoon sweet and sour sauce over and beside it. Serve sprinkled with parsley.