Company Cabbage

Author: From my friend Karen Brace



Servings: 8



1/3 cup pancetta, minced
5 cups cabbage, shredded
1 cup carrots, shredded or chopped
1 cup green onions, chopped or 1 whole onion,
halved, sliced
3 T butter
1/4 cup beef broth, or water
1/2 tsp salt
1/8 tsp pepper
1/2 teaspoon Hungarian paprika
1/2 tep prepared mustard
Carolyn T's Blog:

http://tastingspoons.blogspot.com

Per Serving (excluding unknown items): 350 Calories;
35g Fat (88.6% calories from fat); 5g Protein; 6g
Carbohydrate; 2g Dietary Fiber; 100mg Cholesterol;
801mg Sodium. Exchanges: 0 Grain(Starch); 1/2
Lean Meat; 1 Vegetable; 7 Fat; 0 Other
Carbohydrates.

Have all ingredients chopped and sliced at the start.
 Melt butter over high heat in large skillet. Add pancetta and saute briefly. (If using a yellow onion instead of green ones, add them with the pancetta and saute both until the onnion has started to become translucent, then continue.) Then add cabbage, carrots, and green onions; pour in beef broth or water. Stir to blend, then immediately cover and cook at high heat, stirring several times, until tender and liquid is evaporated, about 3-5 minutes. Add salt, pepper, paprikas and mustard. Stir in thoroughly until blended. Serve immediately.