Cabbage Patch Stew Revised with Cauliflower "Mashed Potatoes"

Adapted from an age-old Betty Crocker cookbook



Something between and soup and a stew.

1/2 pound ground turkey, dark meat

1/2 pound ground beef (or use all ground turkey)

2 medium onions, sliced thin

1/2 cup celery, diced

2 cloves garlic, minced

2 cups kidney beans, canned, undrained (one 15-ounce can)

2 cups tomatoes, canned, undrained (one 15-ounce can)

1 tablespoon chili powder, or more to taste

1 tablespoon ground cumin

1 tablespoon Worcestershire sauce

1/4 cup chicken broth

1 teaspoon beef broth concentrate

salt and pepper to taste

1 1/2 cups water

1 1/2 cups cabbage, shredded or sliced thinly

CAULIFLOWER "MASHED POTATOES"

1 head cauliflower

2 tablespoons milk, or more if needed

salt & pepper to taste

1 tablespoon butter

1/2 cup cheddar cheese, grated (garnish)

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

The stew can be made with any combination of ground meat - turkey, chicken, beef, pork, etc. I've changed it some over the years, but it's simple, takes relatively little time to prepare, and falls in the category of "comfort food" as well. It's also an inexpensive meal for a crowd and healthy too. I have included more tomato, chili powder, and cabbage, and I added cumin, which wasn't in the original. So, you can "play" with the recipe to suit your tastes. When I prepare this as a healthy soup, I use only about 1/3 to 1/2 lb. of ground meat. Or, it can be made with no meat at all. I've also made it with the baked protein chunks. If you don't use meat, the calorie and fat levels decline significantly.

1. Brown ground beef and ground turkey over medium heat. Add onions, garlic and celery and cook until vegetables have lost their raw color. Add beans, tomatoes and seasonings (and some water if it appears to be too thick) and continue to simmer for 15-25 minutes, adding the cabbage during the last 8-10 minutes. The original recipe called for the addition of 2 cups of water, but I'd recommend about 1 cup, maybe 1-1/2 cups.
2. Meanwhile, in a saucepan simmer cauliflower florets in water until fork tender. Drain and place in food processor. Process/mash them using the butter, milk and salt & pepper to taste until they are very smooth. This will take longer than you think - keep testing the texture and tasting for seasonings.
3. Serve about 1 to 1-1/2 cups stew per person in large bowls, then add scoops of hot cauliflower on top and garnish with shredded cheese.

Per Serving (excluding unknown items): 365 Calories; 15g Fat (35.8% calories from fat); 24g Protein; 36g Carbohydrate; 14g Dietary Fiber; 58mg Cholesterol; 190mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.