

Ethiopian Cabbage Dish



- ½ cup extra lite olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon of Himalayan pink salt or Sea salt
- ½ teaspoon ground black pepper
- ½ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ½ head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes
- Add all ingredients to list

Directions



Prep
25 minutes

Cook
40 minutes

Ready in
1 hour 5 minutes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the 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. (If you prefer your vegetables to have a little crunch in them you may shorten the time a little)

Do not add liquid to your pan, the cabbage and potatoes release enough moisture on their own.