



## Cabbage



For fun facts about cabbage, as well as tips and tricks to help you pick, prepare, and eat more cabbage this month, check out Pennsylvania Harvest of the Month resources at <https://www.paharvestofthemonth.org/>.

Resources include:

[“In The Kitchen” Videos](#)

[Family Newsletters](#)

[Fact Sheets](#)

[Pre-School Activities](#)

And more!



## December Recipes

### Vegetable Beef Soup

Makes 12 servings

#### Ingredients

1 lb. lean ground meat (15% fat) (turkey, chicken, or beef)  
1 cup diced onion  
1/2 cup sliced celery  
1 cup sliced or diced carrots  
1 1/2 cups sliced or chopped cabbage  
1 can (15 oz.) kidney beans, drained and rinsed  
2 cans (30 oz.) diced or chopped tomatoes with liquid  
1 can (15 oz.) tomato sauce  
1 can (15 oz.) cut green beans, drained and rinsed  
1 cup whole kernel corn (fresh, frozen, or canned, drained and rinsed)  
2 cups low-sodium broth  
1 tsp. garlic powder or 4 cloves garlic, minced  
1 tsp. dried parsley  
1/2 tsp. oregano  
1/2 tsp. basil  
1/4 tsp. black pepper  
1/2 cup small macaroni (optional)

#### Directions

1. Rinse or scrub fresh vegetables under running water.
2. In a skillet, over medium-high heat (350 °F in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat and then transfer the cooked meat to a large saucepan.
3. In the same skillet, sauté the onion, celery, and carrots until limp but not brown. Add to the saucepan.
4. Add all the remaining ingredients to the saucepan. Bring to a boil.
5. Lower the heat, cover, and simmer for about 30 minutes.
6. Serve warm.

#### Notes

- One large ear of corn makes about 1 cup of cut corn.
- One can (15 oz.) beans is about 1 1/2 to 1 3/4 cups dried beans.
- Broth can be made at home or purchased in a can or box. For each cup of broth, use 1 cup very hot water and 1 tsp. or 1 cube bouillon.

**Nutrition Facts** (1 cup): 150 Calories, 4.5g Total Fat, 1.5g Saturated Fat, 25mg Cholesterol, 370mg Sodium, 18g Carbohydrates, 5g Total Sugars (0g Added Sugars), 12g Protein.

Source: [www.foodhero.org](http://www.foodhero.org)

### Sautéed Cabbage

Makes 6 servings

#### Ingredients

1 1/2 tbsp. margarine or butter  
1/2 cabbage head, shredded (about 6 cups)  
2 medium carrots, grated (about 1 1/2 cups)  
1/2 tsp. salt  
1/4 tsp. black pepper

#### Directions

1. Rinse or scrub fresh vegetables under running water.
2. In a large skillet, heat margarine or butter on medium-high heat. Add cabbage and carrots; sauté until tender but crisp, about 4 to 6 minutes.
3. Add salt and pepper.
4. Serve warm.

#### Notes

- Enjoy with different seasonings. Try cumin, garlic, onion, paprika, parsley, thyme, or any mix.
- Make this a meal by serving with whole grains and a protein.

**Nutrition Facts** (3/4 cup): 50 Calories, 2g Total Fat, 0g Saturated Fat, 0mg Cholesterol, 250mg Sodium, 8g Carbohydrates, 4g Total Sugars (0g Added Sugars), 1g Protein.

Source: [www.foodhero.org](http://www.foodhero.org)