



Stewed Tomato Cabbage

This recipe could not be an easier side dish to make, and is so cozy on a cold day, but does require a quiet afternoon at home to let it do its thing! It makes a large batch, and the leftovers taste even better the next day. My Mom and Grandma would make this with bacon, but I find a little dash of liquid smoke lends the same flavor without the fuss or saturated fat of bacon.



Serving
8-10



Prep
15 Minutes



Cook
2 Hours



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- 2 tbsp Extra virgin olive oil
- 1 cup Thinly sliced onion
- 10 cups Thinly sliced cabbage (green or purple)
- 5 ½ cups Tomato juice, reduced sodium
- ¼ tsp Liquid smoke
- ½ tsp Ground black pepper
- 2 tbsp Chopped dill (or 1 tsp / 5 mL dried)

1. Heat the olive oil over medium heat. Add the sliced onion and sauté for 3-5 minutes until it begins to soften.
2. Add the cabbage, pepper, liquid smoke and dill and stir well. Cook for another 3-5 minutes until well combined and beginning to soften.
3. Reduce the heat to medium-low. Add the tomato juice. Place the lid on top, slightly ajar so that steam can escape. Cook for approximately 2 hours, stirring occasionally (scraping the bottom to avoid burning), until liquid has cooked down and cabbage is soft.
4. Enjoy warm, with an optional dollop of low-fat sour cream or plain Greek yogurt.



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