



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



Contributer
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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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