

Cabbage Patch Stew

Author: Originally from a Betty Crocker cookbook.

Carolyn T's
Cookbook

Servings: 8



1 pound ground beef
2 medium onions, sliced thin
1 1/2 c cabbage, shredded or sliced thinly
1/2 c celery, diced
2 cloves garlic, minced
2 c kidney beans, canned, undrained
2 c tomatoes, canned, undrained
2 c fresh mushrooms, sliced
2 tsp chili powder, or more to taste
1 tsp ground cumin
1 tbsp Worcestershire sauce
1/4 c chicken broth
1 tsp beef broth concentrate, diluted in water
salt and pepper to taste
1 1/2 c water
10 med potatoes
1/2 c buttermilk
salt & pepper to taste
1 tbsp butter

Serving Ideas: This is a one-dish meal.

Categories: Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 505 Calories; 18g Fat (30.9% calories from fat); 26g Protein; 63g Carbohydrate; 16g Dietary Fiber; 53mg Cholesterol; 155mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Notes: The stew can be made with any combination of ground meat - turkey, chicken, beef, pork, etc. It comes out of an ancient Betty Crocker cookbook dated 1954. 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 (look sort of like Grape-Nuts) and it tastes just fine. If you don't use meat, the calorie and fat levels decline significantly.

Description: Something between and soup and a stew.

Preparation Time: 1 hour

Start to Finish Time: 1 hour

Brown ground beef over medium heat. Add onions, garlic, cabbage and celery and cook until vegetables have lost their raw color.

Add beans, mushrooms, tomatoes and seasonings (and some water if it appears to be too thick) and continue to simmer for 15-25 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.

Meanwhile, boil potatoes until fork tender and mash them using the butter, buttermilk and salt & pepper to taste.

Serve about 1 to 1-1/2 cups stew per person in large bowls, then add scoops of hot potatoes on top.