

RECIPE

Hero Vegetable: Cabbage

Southern Style Cabbage

Ingredients:

1 head cabbage, roughly chopped
4-6 slices bacon
1 small onion, diced
2 cloves garlic, minced
½ cup water
salt and ground black pepper to taste

Directions:

In a medium sized pot, cook bacon slices until slightly crisp. Transfer the bacon to a plate, set aside. Discard the excess bacon grease, leaving only about two tablespoons in the pot. Cook the diced onion in the bacon grease until translucent. Lower the heat to medium. Add the chopped cabbage and garlic, cooking for about 15 minutes until the cabbage is tender. Crush the bacon and return it to the pot during the last five minutes of cooking. Season with salt and pepper.