



## Super Easy Cabbage Stew

(perfect for St. Patrick's Day!)

- from Denise's Kitchen

### Ingredients:

2 organic sweet onions, chopped  
Healthy cooking oil (I prefer grapeseed or coconut oil.)  
3-4 organic potatoes, cubed with skin on  
1 medium organic green (or red) cabbage, chopped  
4 organic tomatoes, chopped  
3 rounded tsp of caraway seeds  
Purified water  
Sea salt & black pepper to taste (lots)

### Directions:

Using a large pot, saute the onion in oil until somewhat tender. Add potatoes, cabbage & tomatoes. Sprinkle with the caraway seeds. Fill pot with enough water to nearly cover your vegetables. Add plenty of sea salt & some black pepper and stir. Bring to a boil, reduce to medium-low heat and cook about 20 minutes until your cabbage/potatoes are just tender. Remove from heat & serve with healthy green salad and my sweet vegan corn muffins...so good!