



CABBAGE COMFORT

Ingredients

- 1 onion (sliced)
- 1 teaspoon vegetable oil
- 1 cup cabbage (sliced)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon caraway seeds

Directions

1. Heat oil in a large saute pan.
2. Saute onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Serving size: 4 servings

MOUNTAIN WISE



DOUBLE UP
FOOD BUCKS

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