

## **Cabbage Stir-Fry**

Makes: 6 servings (1 cup per serving)

Preparation Time: 12 minutes Cooking Time: 10 minutes

## **Ingredients**

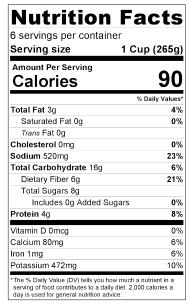
1 tablespoon vegetable oil 1 small onion, chopped 2 green peppers, chopped 1 medium head of cabbage, chopped ½ teaspoon garlic powder 3 tablespoons soy sauce

## **Directions**

- 1. Wash all vegetables.
- 2. Collect, chop, and measure all ingredients before starting to prepare the recipe.
- 3. Heat oil in a skillet.
- 4. Add onion, green pepper, cabbage, and garlic powder to skillet, and cook over medium heat until vegetables are tender.
- 5. Add soy sauce, and stir to combine.
- 6. Serve hot.
- 7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

## Be creative!

- Turn into a main dish by serving with brown rice or barley.
- Try adding other vegetables or cooked meat you have on hand.
- Use red pepper instead of green pepper.





United States Department of Agriculture National Institute of Food and Agriculture

