

keto

SPICY CARMELIZED CABBAGE



INGREDIENTS

1 HEAD OF GREEN CABBAGE
1/4 C TOMATO PASTE
1 TBSP RED PEPPER FLAKES
1/2 TSP GINGER POWDER
1/2 TSP RED CURRY POWDER
1 TBSP SWEET PAPRIKA
3 CLOVES OF GARLIC
(MINCED)
1 TBSP SWEET PAPRIKA

1 TSP CUMIN
1 1/2 C BONE BROTH OR WATER
1/2 C OLIVE OIL
PARSLEY OR CILANTRO TO
GARNISH
FULL FAT SOUR CREAM OR
YOGURT
CARMELIZED ONIONS
(OPTIONAL)

DIRECTIONS

Preheat Oven to 350 degrees F.

In a small bowl, add the tomato paste, minced garlic, ginger powder, cumin, red curry powder, paprika, red pepper flakes. Whisk to combine.

Cut your cabbage in half, then into quarters, then each one again into eighths. Season cabbage with salt.

In a cast iron skillet, heat about 1/4 c olive oil over med-high heat. Once the oil is hot, place your cabbage wedges so as not to overlap. Let the cabbage brown for about 3 minutes, then flip. Cook for three more minutes, then move cabbage onto a plate while making the sauce.

Add 1/4 c olive oil to the cast iron skillet. Add the spiced tomato paste. Cook, stirring constantly, for about 3-4 minutes until the paste turns a deep red.

Add the bone broth or water and whisk. Bring the sauce to a boil, allowing it to thicken. Once boiling, add the cabbage back to the skillet. If using Caramelized onions, go ahead and spread evenly over the cabbage. Move the skillet to the oven and bake for about 25 minutes. Pull the skillet out of the oven and flip the cabbage, trying to keep the wedges in tact. Put the skillet back in the oven for about 20-25 minutes.

Voila! Top the cabbage with sour cream/yogurt and plenty of fresh herbs!

Enjoy!

MACROS 8 SERVINGS

calories: 51, net carbs 4.5g, protein 1.2g, fat 5g

