

SOUTHWEST BEEF & CABBAGE STIR-FRY

By: Gabby

Keene State College Dietetic Intern



Ingredients

- 1/2 Head Green Cabbage, shredded
- 1 Tablespoon Cooking Oil
- 1/2 lb Ground Beef
- 2 Cloves Garlic, minced
- 1 Tablespoon Chili Powder
- 1/2 Teaspoon Cumin
- Salt to taste
- 10-oz Can Diced Tomatoes with Green Chiles
- 1 Cup Frozen/Canned Corn Kernels
- 2 Green Onions, Sliced
- Taco Sauce or Hot Sauce to taste

Directions

1. Remove any damaged outer leaves from the cabbage and give it a good rinse. Remove the core, then finely shred the leaves. Set the shredded cabbage aside.
2. Add the cooking oil, ground beef, minced garlic, chili powder, cumin, and a pinch of salt to a large skillet. Cook over medium heat, breaking up the beef as you go, until the beef is fully browned. If using a higher fat content beef, drain the excess fat from the skillet.
3. Drain most of the liquid from the diced tomatoes, then add them to the skillet along with the frozen corn kernels. Sauté over medium heat until the corn is heated through and most of the liquid on the bottom of the skillet has evaporated. Taste the mixture and add more salt as needed.
4. Add the shredded cabbage and sauté for just a couple minutes more, or until the cabbage just becomes slightly wilted. Top with sliced green onions and a drizzle of taco sauce or hot sauce, then serve.

Nutrition Fun Facts

Ground beef is a protein rich food to aid in muscle and tissue growth and maintenance!