

CAJUN STIR FRY submitted by Brad Hargrave

2 T. vegetable oil	1 lb lean ground chuck
3 beef bouillon cubes	2 onions, chopped
1 cup chopped celery	1 cup chopped bell pepper
1 can Rotel tomatoes	1/4 to 1/2 cups water
2 quarts cabbage, shredded (1 bag will do)	

Put vegetable oil in a heavy 5 quart pot. Add ground meat and cook on medium-high heat, stirring until brown. Add bouillon cubes. Onions, celery and bell pepper. Stir and cook for about 15 minutes. Add tomatoes and water, cook a few minutes then stir in cabbage and lower to medium heat. Put lid on pot and cook until cabbage is crisp tender, stirring often. Serve on a bed of cooked rice.

Note: This recipe works well in a wok.

Meeting, Greeting, Cooking & Eating
Gathering on the 2nd Saturday of each
month at Palmetto Island State Park



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