

# Gingered Root Vegetables with Cabbage

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Yield: 4 servings

*This dish of potatoes, cabbage, and carrots cooked in a mildly spicy and extremely flavorful mix of ginger, turmeric, and pepper is inspired by a traditional Ethiopian stew called Atakilt Wat. It is definitely one of those easy dishes that tastes like more than its individual parts.*



## **Ingredients:**

- 2 tablespoons butter or vegetable oil
- 1 onion, chopped
- 6 cloves garlic, smashed
- 1/2 teaspoon salt, plus more to taste
- 1 teaspoon ground ginger
- 1/2 teaspoon turmeric
- 1/2 teaspoon freshly ground black pepper
- 3 potatoes, washed and cut into bite-size pieces
- 3 carrots, washed and cut into bite-size pieces
- 2 cups vegetable broth
- 1/2 head green cabbage, cored and cut into bite-size pieces
- 1 can coconut milk, optional

## **Directions:**

1. Melt butter or heat oil in a large frying pan or medium pot over medium high heat. Add onions and garlic and cook, stirring frequently, until soft, about 3 minutes.
2. Add ginger, turmeric, and pepper. Stir until fragrant, about 1 minute.
3. Add potatoes, carrots, and broth. Bring to a boil. Cover, reduce heat to simmer, and cook until vegetables are tender, about 15 minutes.
4. Add cabbage, stir to combine, cover, reduce heat to medium low, and cook until completely wilted, about 8 minutes. If using add coconut milk and heat through.
5. If necessary, cook with the cover off to reduce liquid before serving.