
Cabbage and Corned Beef

Margaret Howlen

St Therese de Lisieux Commemorative Cookbook -2010

1 head cabbage, chopped

1 large onion, minced

1 can (12 ounce) corn beef, chopped

1/2 `te black pepper

1 tablespoon red pepper flakes (or more to taste)

In a skillet, cook the cabbage and onion on low heat in a little olive oil, stirring frequently until the cabbage has cooked down and is wilted.

Add the corned beef and mix well. Stir in the black pepper and red pepper flakes.

Cover and simmer approximately 25 minutes, stirring occasionally.

Beef

Per Serving (excluding unknown items): 72 Calories; 1g Fat (5.6% calories from fat); 3g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fat.