

# Stewed Cabbage 1871

*Margaret Sena Misner*

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*1 medium head cabbage,  
chopped fine  
pinch salt  
1 tablespoon butter  
1/2 cup milk or cream*

Chop the cabbage rather fine. Soak in cold water for one hour.

Place the cabbage in boiling water with a pinch of salt. Boil rapidly, uncovered, for 20 minutes.

Strain the cabbage. Add the butter and milk. Allow to simmer for 10 minutes.

(You may also add precooked potatoes and cut pieces of leftover ham to the pot.)

Per Serving (excluding unknown items): 124 Calories; 12g Fat (80.9% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 133mg Sodium. Exchanges: 1 Vegetable; 2 1/2 Fat.