



A Recipe For You

Stir Fry Hot Cabbage



Ingredients:

- 1 med. head cabbage (1 lb.)
- 3 green onions with tops
- 1 tbsp. cornstarch
- 1 tbsp. water
- 3 tbsp. vegetable oil
- 2 lg. cloves garlic, finely chopped
- 1/4 c. ketchup
- 1 tsp. salt
- 1 tsp. red pepper sauce
- 1/2 c. chicken broth

Directions:

Cut cabbage into 1 1/2 inch pieces. Cut green onions into 2-inch pieces. Mix cornstarch and water. Put 3 tablespoons oil into fry pan. Add cabbage and garlic. Stir fry 1 minute. Add ketchup, salt and pepper sauce, stir fry 1 minute. Stir in chicken broth, heat to boiling. Stir in cornstarch mixture; cook and stir until thickened, about 10 seconds. Stir in green onions.

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