



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

HAM & CABBAGE

Time: 30 minutes

Serves: 4

Ingredients:

1 pound picnic ham (pork shoulder) – cubed to ½”
1 head cabbage – roughly chopped
2 onions – sliced
2 cups matchstick or coarsely grated carrots
2 cups chicken stock
2 teaspoons paprika
¼ teaspoon cayenne
¼ teaspoon fresh ground black pepper
½ teaspoon dried thyme
½ teaspoon dried oregano

Preparation:

Preheat a large pot over high heat then add the ham cubes and cook, stirring occasionally for four minutes.

Add the remaining ingredients, reduce the heat to medium-low and cook covered, stirring occasionally for fifteen minutes.

Remove from heat and serve.

Nutritional Information Per Serving:

Calories: 370
Fat: 20g
Carbs: 24g
Fibre: 7g
Protein: 24g