



SPICY CABBAGE WITH SWEET CORN & BLACK BEANS

INGREDIENTS:

3 tbsp	Olive oil
1 cup	Sweet onion, chopped (1 medium/large onion)
2 cloves	Garlic, minced
6 cups	Cabbage, thinly sliced (1 small cabbage)
2 cups	Crushed tomatoes
1 ¼ tsp	Ground cumin
1 ¼ tsp	Cayenne
1 ¼ tsp	Chili powder
½ tsp	Dried oregano
4 ears	Fresh corn uncooked cut from cob or ¾ cup frozen yellow corn
1 ½ cups	Cooked black beans
2 cups	Cooked brown rice

PREP TIME: 40 MINUTES

SERVES: 7

SERVING: 1 CUP

TIPS:

- Serve with chopped fresh tomato, avocado, sliced Serrano peppers, lime, or cilantro
- Use tortilla chips for scooping and a bit of crunchy fun
- Top cabbage with chicken and roll into a tortilla
- Serve at room temperature on warm days



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PREPARATION:

1. Get a large skillet hot over medium-high heat
2. Add oil, onions and garlic. Sauté about 2 minutes. Add cumin, cayenne, chili powder, oregano and continue sautéing until onions are softened and translucent
3. Add the cabbage and cook for 2 minutes. Add the tomatoes
4. Reduce heat to medium and cook cabbage about 10 minutes, or until tender
5. Turn off heat. Stir in corn and black beans
6. Season with salt and pepper to your taste
7. Serve over brown rice and top with fresh tomato, avocado, lime, cilantro and/or Serrano peppers

STORAGE:

- Leftovers can be refrigerated and eaten within a few days for best taste. Discard after 7 days
- Re-heat food to a temperature of 165°F before serving

NUTRITION INFORMATION (PER 1 CUP) SERVING:

Calories: 230	Total Fat: 7g (11% DV)	Saturated Fat: 1g (5% DV)	Sodium: 125mg (5% DV)
	Total Carbohydrate: 37g (12% DV)	Fiber: 8g (31% DV)	Protein: 7g

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