

CORNED BEEF AND CABBAGE

When I was growing up on the island we used to call this dish “Fire Engine” and one day while preparing this dish my mom’s car caught fire right at the front door. So when I heard my best friend and my cousin screaming “Fire engine!” I said to them, “I didn’t know you like this dish that much, calm down I’ll be finished in a minute”. This is a very quick, easy and economical meal that will make your mouth water.

Ingredients:

1 tin Corned Beef
½ cabbage (shredded)
1 med onion
1 teaspoon thyme
Black pepper
1 tablespoon tomato paste
¼ green pepper (sliced)
1 teaspoon hot sauce
1 tablespoon cooking oil
¼ cup water

Preparations:

In a medium frying pan over medium heat sauté onion, green pepper, thyme, cabbage and black pepper. Add tomato paste (ketchup may be substituted) and hot sauce; cook until blended add water . Add corned beef and blend. Lower heat and simmer for 5 minutes.

Serving Suggestion:

This dish is perfect served over fluffy white rice with loose kernel corn and coleslaw on the side. Other variations of rice maybe use or even Kraft® macaroni and cheese.