



Ingredients

- ✓ 3 Tbsp. virgin coconut or vegetable oil
- ✓ 1½ tsp. whole cumin seeds
- ✓ 1 tsp. brown mustard seeds
- ✓ 3 Tbsp. finely chopped jalapeño pepper
- ✓ 2 Tbsp. chopped garlic (about 5-6 cloves)
- ✓ 2 tsp. grated fresh turmeric
- ✓ 7 cups coarsely chopped cabbage
- ✓ ½ cup low-sodium vegetable broth
- ✓ ½ tsp. salt (or to taste)
- ✓ Black pepper to taste

Notes:

- If you like, you can substitute a hotter pepper instead of the jalapeño.
- 1 tsp. of ground turmeric can be substituted for the fresh grated.

Preparation

Heat a large sauté pan over medium heat. Add coconut oil and as soon as it melts, add cumin and brown mustard seeds. Cook and stir until mustard seeds start to pop (timing will depend on heat of burner, but watch carefully).

Add jalapeño, garlic and turmeric and cook and stir until garlic begins to soften, about 2-4 minutes. Add cabbage and toss to mix. Add vegetable broth, salt and pepper and toss again. Cover and lower heat to low. Simmer, stirring occasionally, until cabbage is tender. Taste for seasoning and serve.