

African Cabbage Stew

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

12

Description

A flavorful stew with tomatoes and cabbage Very versatile Serve with boiled yams plantains potatoes rice or any other starch on the side Sardines in tomato sauce can stand in for the mackerel

Ingredients

- - 1 large head cabbage
- diced - ¼ cup canola oil - 1 onion
- diced - 2 teaspoons minced garlic - 4 roma (plum) tomatoes
- diced - 1 cup water - 1 (6 ounce) can tomato paste - 1 (15 ounce) can mackerel in tomato sauce - 1 pinch red pepper flakes
- or to taste - 1 pinch seasoned salt
- or to taste

Instructions

1. Place cabbage into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until just tender
2. about 10 minutes. Drain. Heat canola oil in a saucepan over medium heat. Cook and stir onion and garlic in hot oil until onion is translucent
3. 5 to 7 minutes. Stir tomatoes into onion mixture
4. place cover on saucepan
5. and cook until tomatoes are soft
6. 10 to 15 minutes. Mix water and tomato paste in a small bowl until smooth; pour into the saucepan. Stir the mixture
7. replace the cover
8. and cook another 5 minutes. Add mackerel in tomato sauce; season with red pepper flakes and seasoned salt. Stir drained cabbage into the mixture. Cover saucepan and simmer mixture until mackerel is hot
9. 10 to 15 minutes.