

Braised Cabbage and Carrots

Ingredients

- 1 large head (about 3 pounds) green cabbage
- 4 slices extra-thick bacon, cut into 1-inch squares
- 1 cup water
- 2 tablespoons Smash Seasoning, recipe follows
- 4-6 carrots thickly sliced
- Salt and freshly ground black pepper

Directions

Core cabbage and chop into 2-inch pieces. Clean thoroughly and let drain.

In a large pot over medium heat, cook bacon halfway through. Cook's Note: It will release its fat and be lightly browned, but still moist.

Add the cabbage, water and Smash Seasoning. Cover and reduce to a simmer and steam 2 hours, stirring every 15 minutes. Drain water from pot and add carrots. Cover and simmer another 15 minutes, until carrots are tender. Add salt and pepper, to taste.

Smash Seasoning:

- 1 teaspoon cayenne
- 1 teaspoon celery seed
- 1/2 tablespoon lemon pepper
- 1 tablespoon garlic powder

Mix ingredients thoroughly and keep in a tightly sealed container for up to 6 months.