Mobile Market Cooking Demonstration with Chef April Muhammad
Savory Cabbage Stir-Fry

**INGREDIENTS**

* Serves 4

- 1/2 of a Head of Cabbage
- 1 Small White Onion
- 1/2 Red, Green, Yellow Bell-Peppers
- 2 Large Carrots
- 1 Tomato
- 2 Cloves of Garlic
- 2 tsp Sea Salt
- 2 tsp Garlic Powder
- 1 tsp of Dried Basil
- 1 tsp Black Pepper
- 1 tsp Complete Seasoning
- 1 tsp Parsley
- 2 tbsp Butter
- 2 tbsp Avocado Oil (if not available, use oil of choice)

**METHOD**

- Chop all veggies and set to the side.
- Pre-heat large skillet on medium heat.
- Then, add butter and oil.
- Saute' garlic for 10 seconds; then add all other veggies and stir.
- Add seasoning and continue to stir.
- Cook until all veggies are tender with a slight crunch.
- This dish pairs well with fish & chicken.
- Prep Time: 15 minutes
- Cook Time: 15 minutes