

Creole Cabbage

(submitted by Cathy Lempa)

1 head cabbage, shredded (I used 2 pkg. already cut)

2 tsp salt, 2 tab butter 1 small onion diced

3 c. tomatoes peeled and mashed (I used diced canned)

6 pods fresh or frozen okra cut 1 green pepper diced

2 gloves garlic, 1 c ham, sausage, or salmon, 1 bay leaf

Cook cabbage and 1 tsp salt in 1" water, covered 8 to 12 minutes. Drain well. Saute onions, tomatoes, okra, green pepper and ham in butter. Add garlic, bay leaf and remaining salt. Simmer uncovered for 15 minutes. Remove cloves of garlic and bay leaf. Pour over cabbage and toss lightly.