

Ethiopian Cabbage & Carrots

Eritrean Tikil Gomen

Ingredients

3 T vegetable oil
4 carrots peeled, chopped into 3rds & then chopped into 16 strips
3 potatoes (russet) cut into 1-inch cubes
1 medium cabbage cut into thick strips
2 jalapenos seeded & sliced in strips long ways
2 tsp salt
1 ½ tsp turmeric
3 cloves garlic, finely chopped
1 onion, chopped
2 tsp pepper (optional)
1 T grated fresh ginger
½ cup water

Directions

1. In a pot heat oil over medium-high heat, sauté onions until lightly browned.
2. Add carrots and turmeric, cook 3-5 minutes.
3. Add potatoes, cook 5 minutes.
4. Add cabbage and ½ cup water, reduce to medium heat. Cover and cook for 15-20 minutes until veggies are tender.
5. Add garlic, ginger, salt, pepper, and jalapenos. Cook an additional 5 minutes.