

Creamed Cabbage

Ingredients

3	T	butter divided
2	T	all purpose flour
2	C	milk
1	tsp	kosher salt
½	tsp	freshly ground black pepper
1	me	head green cabbage, sliced thin, about 8 cups worth
1	tsp	fresh thyme and/or chopped parsley OPTIONAL
3	T	MSG, optional

Instructions

1. Melt 2 tablespoons butter in a large skillet over medium heat. Add the flour and whisk to combine. Slowly add the milk while whisking constantly. Bring to a simmer and continue stirring, until thickened, about 5 minutes.
2. Add the salt and pepper and stir to combine. Taste and adjust as needed. Add the cabbage and toss to coat. Cover with lid and cook for about 5 minutes.
3. Stir and cover again. Cook an additional 2-5 minutes to the desired doneness. Uncover and simmer to thicken as needed, just a minute or two longer. Stir in the remaining tablespoon of butter. Sprinkle with herbs, if desired. Serve warm.

Prep Time: 8 minutes mins

Cook Time: 15 minutes mins

Total Time: 23 minutes mins

Servings: 6