



COOKING & COUNSEL

WITH THE SEASONED

This small group will share recipes, cooking tips, host cooking demonstrations, and learn life lessons from seasoned women in Christ.

**Every 2nd Wednesday of the month
7:00 p.m. - 8:00 p.m. (EST)**

**Zoom: <https://us02web.zoom.us/j/8403459263>
Zoom Meeting ID: 840 345 9263**

For more information or to join,
email Cooking@NewTestamentChurchDetroit.org
or contact LaRonda McKenzie

BRIAN KEITH EDWARDS, PASTOR



STIR-FRY CABBAGE

Yield: 6 servings

Prep time: 30 minutes

Total time: 1-hour



Counsel & Wisdom

“I Can Do All Things Through Christ Who Strengthen Me”.

***Some recipes are not original but are favorites of the Seasoned**

Ingredients

Ingredient | Small Cabbage (*nice and hard*)

Ingredient | Smoked Chicken Drumstick (*2 packs – 3 in a pack*)

Ingredient | Vegetable Cooking Oil (*2 Tablespoon*)

Ingredient | Garlic cloves (*2 or 3*)

Ingredient | Small Red and White Onion

Ingredient | Cayenne Pepper (*optional – add more or less*) to your tasting

Ingredient | LaPreferida Sazon Seasoning 10% sodium (*1/2 Teaspoon*)

Ingredient | Ground Black Pepper (*1/2 Teaspoon*)

Ingredient | Accent (*1 Teaspoon*)

Ingredient | Garlic Powder (*1 Teaspoon*)

Ingredient | Soul Food Seasoning (*1 Teaspoon*)

Ingredient | Chicken Broth (*1/3 cup*) (*leftover from boiled smoked chicken drumstick*)

Ingredient | Kikkoman Soy Sauce (*1/2 Teaspoon*)

Ingredient | Prepared rice or noodles *for serving* (*optional—omit to make low*)



Directions

Explain how to prep and cook this recipe here.

- Boil Smoked Chicken Drumstick – 10 to 20 minutes, to test if ready stick a fork – when good and tender they are ready. Remove from pot and shred chicken. *(save chicken broth for later)*
- Shred Cabbage – set aside
- Chop garlic, red and white onions – set aside
- In a Large skillet pour cooking oil in pan, once hot and shimmering pour mixture of garlic, red and white onions – cook for 5 to 10 minutes
- Gradually add all seasoning (add more or less to your tasting) and stir all together for 2 minutes
- Add shredded chicken and occasionally stirring
- Add Soy Sauce then
- Gradually added shredded cabbage (a little at a time) to skillet cooking the cabbage until it is completely wilted but not mushy
- Add leftover chicken broth and stir
- Continue to stir until all ingredients are marinated together well
- Let it simmer a little for another 5 minutes and it's ready to serve

