

Cabbage Casserole

* 4 potatoes peeled sliced thin 1/8”
* 1 head of cabbage remove outer layer slice thin
* 3 carrots sliced thin 1/8”
* 7-9 Brussels sprouts sliced
* 1/2 can of chicken stock (healthy) or ½ stick of butter
* Cumin (sprinkle)
* Salt
* Pepper

1. Preheat oven 350 degrees
2. Slice potatoes place on bottom of dish
3. Layer cabbage then carrots,
4. adding salt pepper , cumin to taste each layer
5. Layer potatoes, cabbage, carrots finish with Brussels sprouts.
6. Pour butter or chicken broth over top
7. Place in oven and cook for 30min or till fork tender

Located at www.superexhuasted.com