

3 Dinners Mini Menu #21- "Head of Cabbage" Edition

Grocery List

Frozen Pierogies (12ct)

Cabbage

Onion (x2)

Smoked Sausage (12oz)

Ground Turkey (1lb)

Carrots (1lb)

Diced Tomatoes (28oz)

Chicken Broth (32oz)

Italian Seasoning

Rotisserie Chicken

Sloppy Joe Sauce

Hamburger Buns

Mayo

Vinegar

@lowdoughfamily

Pierogi, Cabbage & Smoked Sausage Skillet

12 ct frozen pierogies

1/3 head of cabbage,
chopped

1 onion, sliced

12 oz smoked sausage, sliced

2 tbsp butter or oil*

1. Boil pierogies in water 4-5 minutes, until they float. Drain.
2. In a large skillet, heat butter/oil. Cook sausage and onion 5-6 minutes, until browned.
3. Add cabbage, salt, and pepper. Cook 6-8 minutes, stirring, until tender.
4. Stir in pierogies and cook 2-3 minutes to combine. Serve hot.

Sloppy Jack Sandwiches with Coleslaw

2 cups cooked shredded chicken

15 oz sloppy joe sauce

4 sandwich buns

1/3 head cabbage
(finely shredded or chopped)

1/2 cup mayo

1 tbsp vinegar

1-2 tsp sugar*

Favorite Seasonings

1. Place chicken in a skillet over medium heat. Stir in sloppy joe sauce. Cook 5-7 minutes, until heated through and saucy.
2. In a bowl, mix shredded cabbage with mayo, vinegar, sugar, and favorite seasonings to make a simple slaw.
3. Spoon chicken onto buns with coleslaw on the side.

Hearty Cabbage Soup with Ground Turkey

1 lb ground turkey

1/3 head of cabbage, chopped

1 onion, diced

2 cups chopped carrots

28oz diced tomatoes with juice

4 cups chicken broth

1 tsp Italian seasoning

1. In a large pot, brown turkey with onion. Drain any excess grease if needed.
2. Add carrots, cabbage, tomatoes with juice, broth, and Italian seasoning.
3. Bring to a boil, then simmer 25-30 minutes until veggies are tender.
4. Serve with leftover Hamburger Buns made into garlic bread or butter bread.