

**Mustardy Cabbage,  
Potato and Burger Skillet**  
Serves 4



Ingredients	Instructions
<p>1 medium onion, diced to ½" 1 Tbsp. olive oil</p>	<p><b>Sauté Onion</b> In a heavy-bottomed skillet, warm oil over medium-high heat until hot but not smoking. Stir in onion and sauté until lightly browned, about 5 to 7 minutes, stirring occasionally.</p>
<p>1 lb. burger (beef, turkey, chicken or pork)</p>	<p><b>Add and Brown Burger</b> Push onion to sides of pan. Into the center add burger, breaking into small chunks. Cook until browned, breaking it up further with spatula.</p>
<p>2 cups potatoes, diced to ¾" 2 cups good broth, chicken, beef or mushroom</p>	<p><b>Add and Cook Potatoes</b> Stir potatoes and broth into onion and burger, cover and bring to a boil, then reduce heat to low and simmer until potatoes are just becoming tender, about 5 to 7 minutes, stirring occasionally to prevent potatoes from sticking to pan.</p>
<p>4 cups green cabbage, cut roughly 1" cubes 1-2 cups additional broth, as needed and desired</p>	<p><b>Add and Cook Cabbage</b> Stir in cabbage and more broth as needed to prevent burning or for a soupier skillet. Cover and continue simmering 7-10 more minutes until cabbage and potatoes are tender to taste.</p>
<p>1-2 Tbsp. grainy mustard, to taste Sea salt and freshly ground pepper</p>	<p><b>Season with Mustard</b> Stir in mustard, salt and pepper and simmer 4 to 5 more minutes for flavors to meld. Taste and adjust seasonings to taste. Serve with additional mustard at the table if desired.</p>

## NOTES

**Measurements** This dish is very forgiving, so don't worry if you add a little more or less of each ingredient. Just be sure to increase or decrease the seasoning if you have a lot more or less than the amounts called for.

**Flavor/Color Boosters** Although the basic skillet is perfectly fine, if you have the time or inclination, you can jazz it up with the following additions:

- **Mushrooms** While onion is sauteing, add 1-2 cups mushrooms (preferably cremini) sliced about ¼" thick and then halved.
- **Red Pepper or Green Peas** Because the skillet's color can be a little bland, consider adding a red pepper, diced to about ¾". Add at the same time as the mushrooms. Alternatively, green peas can be added at the very end. Cook just long enough so they are tender but don't lose their color.
- **Garlic** After browning burger, reduce heat to low, add a little more oil and warm slightly, then add 1-2 Tbsp. chopped garlic to oil and cook 2 to 3 minutes until fragrant, stirring occasionally to prevent burning.
- **Herbs** At the same time that garlic is added, stir in one or more of the following in with the garlic: 1 tsp. rubbed sage, 1 tsp. marjoram and ½ tsp. thyme.

**The Mustard** This dish is best with a stronger, savory mustard like Dijon or Stone Ground rather than a sweeter variety like honey mustard.

