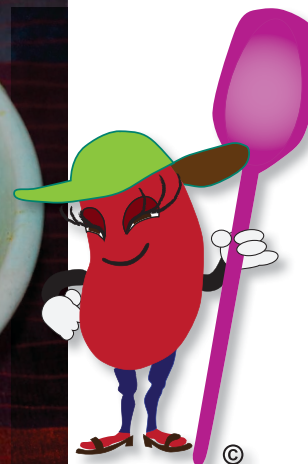


# Beans, Rice And Everything Nice

## Spiced Cabbage and Peas with Potatoes



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)

### Ingredients

1/2 teaspoon mustard seed  
1/2 teaspoon cumin seed  
1/2 onion, sliced  
1 Tablespoon fresh ginger, chopped  
1/4 teaspoon turmeric  
2 teaspoons ground coriander  
1/4 teaspoon cayenne pepper  
1 large potato, cubed, about 3 cups  
1 large or 4 small carrots,  
peeled and sliced, about 1/2 cup  
1 cup frozen peas  
1/4 of a medium head of cabbage,  
shredded, about 3 or 4 cups  
1-1/2 cups water

1. Heat a large, heavy-bottomed sauce pan over medium heat. When the pan is hot, add the mustard seeds and cover with a lid. Check frequently and stir to keep them from burning. When most of the seeds have wiggled in the pan and look cracked, add the cumin seeds and stir frequently, about 1 minute. When the cumin seeds look slightly darker and have begun to release their aroma, add in the dry spices and stir, toasting briefly. Add in the sliced onions, stir to coat the onion with the spices. Immediately add a splash or two or more of water to reduce the heat in the pan. Cover with a lid and cook until onions are translucent, adding more splashes of water if needed. Add in the chopped ginger, stir to mix.
2. Next add in the chopped potatoes and carrots. Stir to mix with the spices. Add 1 cup of water, cover with a lid. Bring to a boil, reduce heat and simmer for 5 minutes. Stir occasionally.
3. After 5 minutes, the potatoes will just start to be tender. Add in the cabbage and peas along with another 1/2 cup of water and stir to mix. Cover with a lid and simmer for another 5 minutes, until the cabbage is cooked. Stir occasionally, checking to see if you need more water. Most of the water will evaporate as this is a drier dish without a gravy, but you will need to make sure there is enough water to cook the cabbage.
4. Transfer to a serving dish and enjoy.