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West African Cabbage Stew (Ghana)

Ingredients

- 1 small-medium cabbage
- Chicken pieces/gizzard (if preferred), dressed and steamed
- 3 fresh tomatoes, sliced
- 1-16 oz can stewed tomato
- Green onions
- 2 medium yellow onions
- 1 green pepper
- Pepper (kpakpo shito) or chili paste
- ½ to 1" slice ginger or ~¼ tsp ginger powder
- 2 garlic cloves, minced or ¼-½ tsp garlic powder
- Olive or sunflower oil

Directions

Pour 2 Tbsp of oil into a saucepan on medium heat.

Add the steamed gizzard or chicken pieces without the sauce and stir for about a minute.

Add the sliced onion and tomatoes and stir occasionally.

Cut up the second onion, stewed tomatoes, kpakpo shito or chili paste, and blend.

Stir the gizzard, add the green onions and Maggie seasoning or any herb or soup stock seasoning of choice. Add the blended ginger and garlic and the stock of the gizzard/chicken, if needed.

Wash and cut the cabbage into desired sizes.

Add the chopped cabbage to the sauce and stir. Add salt to taste.

Allow to simmer but don't cover the stew as it will be runny if covered.

Recipe by: Maame Aba Afful, (https://www.primenewsghana.com/lifestyle/how-to-prepare-cabbage-stew.html, 4/20/2018)