

RECIPES WITH

'ULU



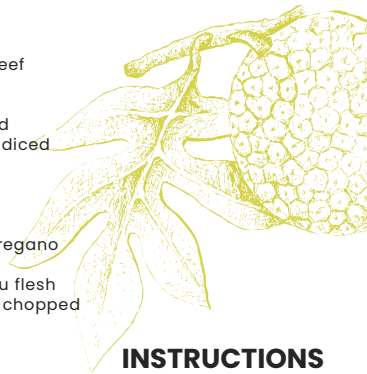
TOTAL TIME: 35 MIN

PREP: 15 MIN | COOK: 20 MIN

TANGY 'ULU CABBAGE STEW

INGREDIENTS

- 2 pounds boneless chuck beef
- ¼ cup olive oil
- Flour for dredging the meat
- 1 large onion, finely chopped
- 2 large carrots, peeled and diced
- 6 garlic cloves, grated
- 2 bay leaves
- ½ cup lemon juice
- 5 cups of beef broth
- 1 teaspoon dried crushed oregano
- 1 sprig of rosemary
- 1 ½ pounds over-ripened 'ulu flesh
- 1 head of cabbage, roughly chopped
- Salt and pepper to taste



INSTRUCTIONS

- Cut beef into chunks, pat dry, and dredge in flour; season with salt and pepper.
- Heat olive oil in a pot, sear the beef in batches until browned, then set aside.
- Sauté onion and carrots until softened; add garlic and cook briefly.
- Return beef to the pot, add bay leaves, oregano, rosemary, lemon juice, and beef broth. Bring to a boil, then simmer for 1.5 to 2 hours until tender.
- Add 'ulu flesh and chopped cabbage, simmer for an additional 30-40 minutes until cabbage is tender.
- Remove bay leaves and rosemary, adjust seasoning, and serve with crusty bread or rice.



Learn more at polhi.org/aipono

Nutrition Facts

servings per container
Serving size (250g)

Amount per serving
Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 210mg **9%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 34mg **2%**

Iron 2mg **10%**

Potassium 603mg **15%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

✦ **1 CUP = 250 G**

**13 SERVINGS PER RECIPE
USING 1 CUP SERVING SIZE**