

ROASTED CABBAGE STEAKS WITH CREAMY MUSHROOM SAUCE

We're excited to use these locally grown mushrooms to make a creamy & dreamy mushroom sauce. We love sour cream rather than classic cream in this recipe for a touch of tanginess! This recipe tops a tender roasted cabbage "steak" but can also be used with chicken, beef steaks, or tossed with pasta! Try using it as a dip with your favorite crusty bread.



Ingredients

- 2 small cabbages
- 1 tsp Hungarian blend (optional)
- 1 tbsp garlic powder
- 0.5 lb mushrooms
- 1 onion
- 3-4 sprigs of thyme
- 2 oz parmesan cheese
- 4 oz sour cream

From your pantry

- 3 cloves garlic
- olive oil
- salt and pepper

Equipment:

- Medium sauté pan
- Baking sheet

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce. **Preheat oven to 400 °F***

1. Cut stems off **cabbage heads** and then slice each head into flat discs (steaks) that are about $\frac{3}{4}$ to 1 inch thick. Peel **onion**, discard peel, and small dice. Remove **thyme** leaves from stems. Mince or grate **garlic**. Cut **mushrooms** in half. Dissolve **sour cream** into 1 cup water.
2. Place the cabbage steaks on a baking sheet that has been drizzled with olive oil, allowing space between each cabbage steak for even cooking. Brush the cabbage with olive oil then sprinkle with **garlic powder, Hungarian spice blend** (optional), salt, and pepper. Flip and repeat on the other side. Bake for 25 min until the cabbage is browned and the center is tender.
3. While the cabbage is baking make the mushroom cream sauce. Heat 1 Tbsp oil in a medium sauté pan over medium heat. Add onions and a pinch of salt and pepper; cook 4-5 min until translucent and softened. Add mushrooms, garlic, and thyme and sauté another 3-5 min.
4. Add dissolved sour cream and stir to incorporate. Simmer for 5-7 min until the cream has thickened and the mushrooms are cooked down. Season with salt and pepper to taste. Add the parmesan cheese saving a little bit to garnish. Stir to incorporate.
5. Plate cabbage steaks and top with creamy mushroom sauce and garnish with remaining bit of the parmesan cheese. Enjoy!

Tips, Tricks, and Terms

STORAGE & REHEATING

To store Roasted Cabbage Steaks, allow them to cool completely before placing them in a container with a tight lid and refrigerating them. They will stay fresh for about 3 days.

When you are ready to reheat the cabbage steaks, microwave them for a few minutes or place them on a baking sheet to warm in a 350°F oven until they reach the desired temp



A little about...

CABBAGE: part of the cruciferous family (like broccoli or Brussels sprouts), this versatile cold-weather veggie contains a good amount of Vitamin C and can lower risk for developing some types of cancers. Add cabbage to fresh slaws, salads, and sauces!

GARNISH: an ingredient used to decorate or embellish a finished dish or drink, often to add a pop of flavor or pizzazz to a dish

GROWER SPOTLIGHT

R & R Cultivation specializes in growing organic gourmet mushrooms. Co-founders Nick and Lance believe that wholesome, fresh, nutritious mushrooms should be accessible to everyone and that local growers must lead the charge. When you buy R&R mushrooms, you can be confident they are 100% USDA-Certified Organic, sustainably produced, fresh, and cultivated with love.

Visit rrcultivation.com and follow @rrcultivation to learn more!

R&R pink oyster mushrooms

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