



*Herbs for the Body
Peace for the Soul
Live Naturally the Way
God Intended* ♥

INGREDIENTS

- 1 medium head green cabbage, cored and chopped into bite-sized pieces
- 6 slices bacon, chopped (or 1 cup diced ham)
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 2 tbsp olive oil or butter
- 1 tsp sea salt (or to taste)
- 1/2 tsp black pepper
- 1/2 tsp dried thyme
- 1/2 tsp dried parsley
- 1/4 tsp red pepper flakes (optional, for a little heat)
- 1 tbsp apple cider vinegar (optional, for brightness)

NOTES

- For extra richness, add a knob of butter at the end.
- Great with grilled meats, soups, or on its own!

Cheryl's ♥ Fried Cabbage

SIMPLE INGREDIENTS • BOLD FLAVOR • MADE WITH LOVE

A hearty, comforting side dish that's savory, satisfying and full of flavor! ♥



DIRECTIONS

- Cook the bacon or ham:** In a large skillet or Dutch oven over medium heat, cook the chopped bacon (or ham) until browned and crisp. Remove with a slotted spoon and set aside, leaving the drippings in the pan.
- Sauté onions:** Add the sliced onion to the skillet and cook for 3–4 minutes, until softened.
- Add garlic:** Stir in the minced garlic and cook for 30 seconds, until fragrant.
- Cook cabbage:** Add the chopped cabbage to the skillet. Stir well to coat in the drippings. Cook for 10–12 minutes, stirring occasionally, until the cabbage is tender and slightly browned.
- Season:** Add salt, black pepper, thyme, parsley, and red pepper flakes (if using). Stir to combine.
- Finish:** Stir in the cooked bacon or ham. Drizzle with apple cider vinegar (if using) and toss well.
- Serve:** Serve warm as a delicious side with any meal. Enjoy!

Made with Real Ingredients & Herbal Love ♥

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HERBAL TIP

Thyme and parsley not only add amazing flavor, they also support digestion and are packed with antioxidants!

BIBLE VERSE

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth... to you it shall be for meat."

Genesis 1:29 (KJV)

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