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Everything. HERBAL

by Cheryl Jabz

Faith • Herbs • Health

Made with
Herbs
and
Irish Tradition



COLCANNON

Creamy • Comforting • Irish Heritage



INGREDIENTS



- 2 lbs potatoes, peeled and cubed
- 1 cup green cabbage, chopped (or savoy cabbage)
- 1/2 cup milk (or more, as needed)
- 4 tablespoons butter
- 4 green onions, sliced (green parts included)
- Salt and black pepper, to taste
- Optional: 2 tablespoons chopped fresh chives



DIRECTIONS



1. **Boil Potatoes:** Place potatoes in a large pot and cover with cold water. Add a pinch of salt. Bring to a boil and cook until tender, about 15–20 minutes.
2. **Cook Cabbage:** While potatoes are cooking, steam or boil chopped cabbage until tender, about 5–7 minutes. Drain well.
3. **Mash Potatoes:** Drain potatoes and return to the pot. Mash with butter and warm milk until smooth and creamy. Season with salt and black pepper.
4. **Combine:** Add cooked cabbage and green onions to the mashed potatoes. Gently fold together.
5. **Serve:** Top with extra butter and chopped chives, if desired. Serve warm and enjoy!



MADE WITH SIMPLE INGREDIENTS



POTATOES



CABBAGE



GREEN ONIONS



BUTTER



MILK



CHIVES

Luke 11:42 (KJV)

“...ye tithe
mint and rue
and all manner
of herbs...”



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NATURAL INGREDIENTS



FAITH INSPIRED



HERBAL LIVING



MADE WITH LOVE

Everything.
HERBAL

by Cheryl Jabz

www.EverythingHerballyCherylJabz.com

HERBS & THEIR BENEFITS



THYME

Supports immune health and adds earthy depth to dishes.



PARSLEY

Rich in antioxidants and vitamins; supports overall wellness.



CHIVES

Mild onion flavor; rich in vitamins and supports heart health.



CABBAGE

Supports digestion and provides natural nutrients.



POTATO

Provides energy and supports healthy immune function.

RECIPE HIGHLIGHTS



Traditional Irish comfort food made with simple, wholesome ingredients.



Creamy, hearty, and perfect for cozy nights.



Naturally gluten-free and made with real, nourishing foods.



Serve as a side dish or enjoy as a satisfying main.

HERBS • HEAL • NATURALLY

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