

## Noodles and Cabbage with Bacon

1	med	medium red onion, chopped	1/2	tsp	caraway seeds
2	lbs.	cabbage cored, and shredded	1/2	cup	chicken broth or water
2	cloves	garlic cloves, finely chopped	1	15-oz	dried egg noodles
1	tsp	dried thyme	1/2	cup	chopped parsley for garnish
1	lb.	bacon			salt and black pepper to taste

- 1 Fill pot large enough to hold noodles (4 quart or larger) with water, and put on stove to heat. It will boil before you're ready to put the noodles in; just turn it down too low to keep warm as you proceed with the recipe.
- 2 Slice bacon into 1-inch pieces and put in Dutch oven or other 4 - 6 quart wide-bottom pot, place over medium heat, and sauté until nicely browned (about 12 - 15 minutes).
- 3 Meanwhile, peel onion and cut into ¼- to ½-inch dice, peel and mince garlic, and wash, core, and shred cabbage.
- 4 When bacon is browned, remove with slotted spoon and place on paper towels to drain.
- 5 Add onion and garlic to the hot bacon fat, salt and pepper to taste, and sauté until the onion is translucent, about 8 minutes.
- 6 Add the thyme, caraway seeds, and red pepper flakes (if using) to the onions and garlic, stir to incorporate, then add the water and the cabbage. Stir again to combine, turn down heat and cover, and cook until cabbage is soft and cooked through (10 - 12 minutes).
- 7 Bring the water in the noodle pot back to the boil, add a tablespoon of salt, and add the noodles. Cook until the noodles are soft then drain in a colander.
- 8 Add the browned bacon and drained noodles to the cabbage mixture, and continue cooking until the cabbage has gone beyond the slightly crunchy stage to totally soft.
- 9 Add salt and black pepper to taste

Oven Temperature: 350°F

### Cooking Times

Preparation Time: 30 minutes

Cooking Time: 1 hour

Total Time: 1 hour and 30 minutes

### Nutrition Facts

**Serving size: Entire recipe (89.2 ounces).**

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.



Amount Per Serving	
<b>Calories</b>	2620.04
Calories from Fat (66%)	1716.96
% Daily Value	
<b>Total Fat</b> 190.78g	<b>294%</b>
Saturated Fat 2.47g	<b>12%</b>
<b>Cholesterol</b> 31.92mg	<b>11%</b>
<b>Sodium</b> 3006.77mg	<b>125%</b>
<b>Potassium</b> 7121.26mg	<b>203%</b>
<b>Total Carbohydrates</b> 157.42g	<b>52%</b>
Fiber 46.62g	<b>186%</b>
Sugar 8.38g	
<b>Protein</b> 87.79g	<b>176%</b>