

Colcannon

Colcannon is a simple Irish recipe that combines two hearty but inexpensive ingredients to make a delicious and filling side dish.

- Total Cost \$3.64 recipe / \$0.46 serving
- Prep Time 15 minutes
- Cook Time 30 minutes
- Total Time 45 minutes
- Servings 8 (8-10 cups total)

INGREDIENTS

- 3 lbs russet potatoes \$1.79
- 4 Tbsp butter \$0.44
- 2 cloves garlic \$0.16
- 4 green onions \$0.40
- 1/2 head cabbage (6-8 cups shredded) \$0.54
- 1/2 cup chicken broth* \$0.07
- 1/2 cup whole milk \$0.19
- Salt and pepper to taste \$0.05



INSTRUCTIONS

Wash, peel, and cut the potatoes into one-inch cubes. Place the potatoes in a large pot, cover with water, and bring to a boil. Boil the potatoes until they are very tender and fall apart when pierced with a fork (about 10 minutes). Drain the potatoes in a colander.

While the potatoes are cooking, prepare the cabbage. Remove any damaged outer leaves, then cut it in half. Cut the cabbage into quarters, then remove the core. Cut each of the two quarters used in half once again, then cut crosswise into thin strips. Wash the cabbage well to remove any dirt or debris. Also mince the garlic and slice the green onions.

After removing the potatoes from the pot, add 4 Tbsp butter, the minced garlic, and the sliced green onions (I reserved a few to sprinkle over top at the end). Sauté the garlic and onions over medium heat for 1-2 minutes, or just until the garlic begins to soften.

Add the shredded cabbage and chicken broth to the pot. Place a lid on top and let the broth come up to a boil. Let the cabbage cook in the simmering broth, stirring every few minutes, until it has wilted and become tender. The volume of the cabbage will shrink quite a bit as it cooks. Cook until the thicker white pieces begin to become transparent (about 10-12 minutes).

Once the cabbage is tender, add the drained potatoes back to the pot along with the milk and some freshly cracked pepper. Mash the potatoes until everything is well combined. Season with salt to taste. Serve warm.

RECIPE NOTES *I use Better Than Bouillon concentrate to make my broth.

Full details: <https://www.budgetbytes.com/2016/12/colcannon/>

