



## The Bosnian Pot

Yield: 10 Servings

### Ingredients:

- 2 1/4 pounds beef, cubed
- 1 head cabbage
- 2 1/2 carrots (can use 2-3)
- 3 1/2 tomatoes, large (can use 3-4)
- 3 1/2 potatoes, large
- 2 onions (can use 3-4)
- 2 garlic cloves, sliced (or more)
- 2 green peppers
- 1/2 tablespoon cooking oil
- 1/2 tablespoon vinegar
- salt and pepper, to taste (optional)



### Directions:

1. Dice all the vegetables.
2. Combine with the meat and seasonings in a large pot.
3. Add enough water to completely cover the mixture and add the oil and vinegar.
4. Cook, covered, for two to three hours on low heat until everything is well done.

Cost: Per recipe: \$14.61; Per serving: \$1.46

**Nutrition Facts:** Calories, 270; Calories from fat, 45; Total fat, 5g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 55mg; Sodium, 80mg; Total Carbohydrate, 36g; Fiber, 7g; Protein, 23 g; Vit. A, 70%; Vit. C, 150%; Calcium, 8%; Iron, 20%.

Source: <http://recipefinder.nal.usda.gov/>



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