

# COLCANNON – POTATOES WITH CABBAGE

## COOKEE'S TOOL KIT

Cutting board  
Chef's knife  
Measuring cups  
and spoons  
Masher  
Small sauce pan  
Pot, medium or  
large



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## Ingredients

- 1 ½ pounds red potatoes, cut into 1 inch cubes
- 7 ½ cups chopped savoy cabbage
- 8 green onions, chopped
- 1 cup milk (can be fat free or low fat)
- 3 tablespoons butter, melted
- ¾ teaspoon salt
- ¼ teaspoon pepper

## ANDY'S SAFETY CORNER

Be careful of  
the hot  
stove. Hot  
water makes  
steam which  
can burn.



## Directions

1. Place potatoes in a cooking medium to large sized cooking pot; cover with water. Bring to a boil. Cover and cook over medium heat for 10 minutes or until potatoes are almost tender. Add the cabbage, stir once and cook for 5 minutes more.
2. Meanwhile, in a small saucepan, combine the green onions and milk. Bring to a boil. Reduce heat; simmer, uncovered for 3 minutes.
3. Drain potato mixture. Mash with milk mixture, butter, salt and pepper.

Serve hot and enjoy

Cooking time: 30 minutes  
Serves 8