

Steam Cabbage and Carrots

- 1 Cabbage
- 2 or 3 Carrots
- 2 Tablespoons of Granny Esther's Vegetable Seasoning
- Assorted Bell Pepper
- 1/4 of each
- 1 Medium Onion
- 2 Plugs Garlic
- 1 ½ Teaspoons of Black pepper
- 1 Teaspoon of Salt (if needed)
- 2 Tablespoon of Coconut Oil or Olive Oil
- 1 Tablespoon Unsalted Butter

Directions

- ✚ Sliced cabbage in medium size
- ✚ Sliced medium s carrots to smile size
- ✚ Sauté onion, Bell Peppers and garlic in Coconut Oil and butter or Avocado Oil (or your preference of oil)
- ✚ Add cabbage and carrots
- ✚ Add salt and Black Pepper to your taste

Cooked to your likings. (Soft. medium or whatever you like)

