

Irish (White Sweet) Potato Salad

by

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Ingredients:

1/2 medium cabbage, chopped

2 large organic white sweet potatoes peeled and cut into ½ inch cubes.

4-6 slices of uncured, no sugar, no-nitrate bacon

1 ½ cup chicken stock or bone broth

1 t. minced garlic

1 medium onion minced or put into a food processor

3 T. [Bragg Organic Apple Cider Vinegar](#)

[Sea salt](#)

Instructions:

1. Fry bacon until crispy and set aside. Pour off some of the bacon grease so there's not more than 2 T. left in the large skillet and sauté onion in it until it is translucent.
2. Add the cubed sweet potatoes; shake on some sea salt and sauté for 12-15 minutes on medium heat.
3. Mix in chopped cabbage, and add garlic. The potato mixture may be sticking at this point. If so, splash in the apple cider vinegar to de-glaze and quickly cover. (Covering the pan infuses the vinegar flavor by steaming the potatoes to soften further and lift off starch from pan). Take off lid as soon as you hear sizzling going down. Use a metal spatula as you continue to mix and stir mixture. If it is still sticking, add some of the bone broth to de-glaze, all the while using a spatula to get potato off the bottom of the pan. If potatoes and cabbage is soft enough for your taste, it's ready to serve. Crumble bacon into mixture and stir well.

This can be served hot or cold, but I like this one better warm.