

Braised Cabbage

Serves: 12 | Serving size: 1/2 cup

Ingredients Needed:

- 1 tablespoon oil
- 1 large onion, chopped
- 4 cups red or green cabbage (~1/4 head of cabbage), cored and thinly sliced
- 2 apples, cored and thinly sliced into half-moons
- 1 tablespoon brown sugar
- 1 cup water, warmed
- 1 tablespoon vinegar



Directions:

1. Heat the oil in a large skillet and add the onion. Sauté the onion for 1 minute.
2. Add the cabbage and apple and cook for 5 minutes.
3. Combine the brown sugar, water, and vinegar.

4. Add this mixture to the cabbage mixture and cook, covered, over low heat for 20 minutes. Stir every 5 minutes.
5. Serve the cabbage hot or cold.