



Warm Braised Apples and Cabbage

Ingredients

2 tsp cooking oil
1/2 head green cabbage, thinly sliced
2 apples, thinly sliced
2 Tbsp apple cider vinegar (or plain white vinegar)
1 Tbsp brown sugar
Salt to taste

Directions

1. Heat the oil in a medium-sized soup pot on medium heat until warm. Add the cabbage, apple, vinegar, brown sugar and a pinch of salt.
2. Stir to combine. Wait until the cabbage and apples are warm. Turn the heat down to low and cover with a lid.
3. Let the mixture cook for 30 minutes, stirring occasionally. Season with more salt to taste.

Servings: 5 cups
Prep time: 15 minutes
Cook time: 30 minutes
Total time: 45 minutes

Author: Laura Enssle