

The Nourishing Well

Sweet and Sour Red Cabbage with Onion and Apple



80 MIN

8 Servings

Easy

Ingredients

- 1 small head red cabbage
- 3 medium/large onions, half-moon
- 1 apple, julienne
- 2 tablespoons organic olive oil
- 1/4 cup apple cider vinegar
- 2 tablespoon agave syrup or sweetener of your choice
- Salt to taste

Instructions

Sauté the onion

Using a 12" heavy skillet, add a few tablespoons of olive oil, heat the oil using medium-high heat. Sauté the onions, adding a little salt to help them sweat. Stir regularly, continuing to cook until they are translucent and creamy looking – about 10 minutes. If needed, add small amounts of water occasionally to prevent burning the onions.

Add the cabbage

When the onions are well-cooked stir in the red cabbage. Add a little more salt and ¼ cup apple cider vinegar. Stir well, put a lid on the skillet and cook for about 30 minutes, stirring occasionally.

Check the flavor and add the apple

After cooking the onion and cabbage for 30 minutes taste to see if it's to your liking. Add the agave and stir. If you'd like the dish to be a little more sweet and/or sour add the rest of the apple cider vinegar and/or the agave syrup. If needed, add a little more salt at this time also.

Add the apples and stir.

Finish the dish

If there is liquid in the pot do not put the lid back on. Cook until all the liquid is gone, stirring every so often.

If there is no liquid in the pot and you have added additional acv and/or agave, put the lid back on and cook for another 5 minutes or so.