Sweet and Sour Cabbage

Ingredients:

- 1 small head of red cabbage
- 2 medium red onions
- 1.5 cups raisins
- Avocado oil or olive oil (to lightly cover pan)
- 1 cup of raw apple cider vinegar

Directions:

1. Chop up red cabbage and onions; add to large frying pan coated in avocado oil or olive oil.
2. Cover pan to steam (or you can sauté them but stir frequently to avoid burning).
3. Once the cabbage and onions soften and turn bright red, add the apple cider vinegar. Keep mixing as you want the vinegar to seep into the cabbage and the rest to evaporate.
4. Once the cabbage and onions are softened and the vinegar has evaporated, add the raisins. Mix them thoroughly but do not leave in the pan too long as they will get plump.
5. Turn off the flame.

This can be served hot or cold.

You can experiment with more or less apple cider vinegar, or even try adding cranberries or other dried fruit.

Shared by: Paul Toback