

Braised Red Cabbage



Ingredients

- ½ a red cabbage, shredded or sliced as thin as possible (remove hard white centre stalk)
- 2 cloves of garlic crushed
- 1 small or ½ a large red onion finely diced
- 1 granny smith apple grated or cut into chunks
- ¼ cup of apple cider vinegar
- ¼ cup of olive oil (traditionally made with butter however olive oil works well if you do not tolerate dairy)
- ¼ teaspoon of cinnamon
- 1/6th of a teaspoon of ground clove
- 2 tablespoons of maple syrup

Method

1. Put all ingredients into a baking casserole dish with a lid i.e. a dutch oven.
2. Slow cook in the oven for 2.5 hours at 120 degrees.
3. Remove from oven and stir well every ½ hour to prevent burning.
4. Can be garnished with some fresh parsley and accompanies a protein rich meal well.

Health Note: cabbage is a great source of dietary fibre, helping to fuel our good bacteria. When cooked, it releases indole, an organic compound that helps to fight off precancerous cells.