

Hot Pickled Red Cabbage

Makes 2 servings (1 vegetable, 1 fruit)
2 grams protein
0 fat
145 calories

Ingredients

- 1½ cups red cabbage, chopped
- 1 apple, diced
- ½ cup apple cider vinegar
- ¼ cup water
- 2 tablespoons Bragg's liquid aminos (optional)
- 2 tablespoons red onion, chopped
- 1 clove of garlic, crushed and minced
- A pinch of red pepper flakes
- Sea salt and pepper to taste

Directions

1. Slow cook cabbage and apples in water and apple cider vinegar.
2. Add spices, chopped onion, garlic, and Stevia.
3. Add sea salt and pepper to taste.
4. Serve hot or cold.

