

Food Babe's Braised Red Cabbage with Apples



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	25 mins	35 mins	4

<https://foodbabe.com/best-salmon-ever>

Ingredients:

- 1 head red cabbage
- 4 green apples, diced
- 4 allspice berries, crushed
- 2 teaspoons garlic cloves
- ½ cup apple juice
- 1 ½ tablespoons apple cider vinegar
- 1 ½ tablespoons butter

Instructions:

1. Heat a large pot over medium heat.
2. Melt the butter.
3. Saute garlic and berries for 2 minutes.
4. Add apple juice, red cabbage and apples.
5. Stir and cook for 20 minutes.
6. Add vinegar and stir and cook for 3 more minutes.
7. Eat & Enjoy!

Notes:

- Please use organic ingredients if possible