

Braised Red Cabbage and Apples

Ingredients

6 cups red cabbage (shredded or thinly sliced and chopped)
¾ cup apple or 1 medium apple (peeled and diced small)
1 cup onion (diced small)
½ teaspoon dry thyme
1 tablespoon [maple syrup](#)
1 tablespoon [raw apple cider vinegar](#)
2 teaspoons dijon mustard
½ cup bone broth
1 tablespoon butter
½ teaspoon salt
½ teaspoon pepper

Method

Heat a small to medium dutch oven pot, add the butter, onion, salt and pepper. Place the lid over the pot and allow the onions to become soft, this should take about 2-4 minutes on medium heat.

Add the rest of your ingredients, stir together, cover with the lid and braise the cabbage on low for 45-60 minutes. You will know it's ready when the cabbage is tender and fragrant.

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