



# Braised Cabbage

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Serves about 7 - 3 oz. servings.

Protein: 1.1 g per 3 oz. serving

Calories: 75

Prep time: 15 min | Cook time: 30 min | Total Time: 45 min

## Ingredients

- 1 TBSP Bacon fat drippings (fat only, strained)
- 80 g Diced Onion
- 2 clove(s) Minced Garlic
- 432 g Cabbage, red, raw, shredded, about one small red cabbage
- 2 TBSP Packed Brown Sugar
- 1/3 c White Wine
- 1/4 c Apple Cider Vinegar
- 1 c Vegetable Broth
- 100 g Peeled, Diced Apples

## Directions

1.

In a large sauce pan heat the bacon fat over medium low heat. Once hot, add the onion and saute until translucent and fragrant. Add the garlic and sauté for about a minute, making sure to stir constantly. Add the shredded red cabbage and brown sugar. Stir until covered with the bacon fat and sugar dissolves. I like to use tongs to do this.

2.

Add the white wine to the cabbage and stir. Continue to cook for about 3 minutes, stirring occasionally. Next add the apple cider vinegar and vegetable broth. Cook over medium low heat until the cabbage has wilted, but still a little firm to the bite. This will take about 25 minutes. Add the apples last and cook for an additional 5 minutes. Remove from heat, season with salt and pepper to taste. Serve warm.