

German Red Cabbage and Apples

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*2 tablespoons butter
1/3 cup onion, finely
chopped
3 tart apples (Granny
Smith), peeled and sliced
3 tablespoons packed
brown sugar
1 teaspoon salt
1 small (1-1/2 pound) red
cabbage, quartered and
sliced
1 cup dry red wine
1/4 cup red wine vinegar*

In a large pan, heat the butter. Add the onion and saute' for 2 minutes. Stir in the apples and saute' for 2 minutes. Stir in the brown sugar and salt.

Add the cabbage. Pour in the wine and vinegar. Bring to a boil. Reduce the heat. Partially cover and simmer, stirring occasionally, until the cabbage and apples are tender, 1-1/2 to 2 hours. Boil off any excess liquid until most of the liquid has evaporated.

Per Serving (excluding unknown items): 581 Calories; 23g Fat (46.6% calories from fat); 2g Protein; 58g Carbohydrate; 3g Dietary Fiber; 62mg Cholesterol; 2545mg Sodium. Exchanges: 2 Vegetable; 4 1/2 Fat; 3 Other Carbohydrates.