



# Sweet Apple Cabbage

4 - 6 servings

## INGREDIENTS

- 1 head cabbage, shredded
- 2 apples, cored and cut into chunks
- 1/2 cup sugar or brown sugar or honey
- 1/4 cup vinegar or lemon juice
- Salt and/or pepper, to taste

## DIRECTIONS

1. In a large pot, combine all ingredients with 1/2 cup of water.
2. Bring to a boil over high heat.
3. Then reduce heat to medium, and cook 25-30 minutes, or until cabbage is tender. Enjoy!



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