



SLOW COOKER RED CABBAGE

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 3 hours slow cooker

Serves: 6-8



INGREDIENTS

- 1 head of red cabbage, cored and thinly sliced
- 1 large onion, thinly sliced
- 1 apple, diced
- 1 pear, diced
- juice of 1 lemon
- salt and pepper
- 1 tbsp honey
- 1 tbsp coconut aminos
- 1 tsp ginger, grated
- 2 bay leaves
- 1 tsp allspice

METHOD

- Place all ingredients into the slow cooker, and mix together.
- Add 1/2 cup water.
- Cook on High for 3 hours, stirring occasionally.
- Delicious served with meats of your choice.