

Braised Red Cabbage w/ Beans — FOK

Swick

Serves 6 | Active Time: 15 minutes | Total Time: 35 minutes

Step 1: Braising the Cabbage

- 6 oz yellow onion, peeled and diced
 - 5 oz carrots, peeled and diced
 - 1 celery stalks, diced
 - 1 tsp thyme
 - 3/4 cup red wine
 - 1 tbsp Dijon mustard
 - 20 oz head red cabbage, cored and shredded
 - 2 cups cooked navy beans, or two 15-ounce cans, drained and rinsed
 - 1 tart apples (such as Granny Smith), peeled, cored, and diced
 - sea salt and freshly ground black pepper to taste
- In sauté pan on medium to high heat, add the onion, carrot and celery to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 3-4 minutes. Add 1/4 cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.
- Add the thyme, red wine, and mustard and cook until the wine is reduced by half, about 10 minutes. Add the cabbage, beans, and apples. Reduce heat to low, cover and cook until the cabbage is tender, about 20 minutes. Season with salt and pepper.