



Mary's Sweet & Sour Cabbage

Serves 4

- 1 medium head of red cabbage
- 1 teaspoon shortening
- 1/2 cup apple cider vinegar
- 1/2 cup sugar
- 1 teaspoon salt

Directions:

- Remove the core of the cabbage and slice thinly, then cut into smaller pieces.
- Add the shortening to a cast iron skillet and allow to melt before adding the cabbage, vinegar, sugar, and salt. Toss to combine and cook over very low heat for 2 hours, tossing occasionally, until the cabbage is wilted and has begun to caramelize on the bottom of the pan. Transfer to a dish and serve.