



Slow Cooker Spicy Red Cabbage with Apple

Serves 8

Ingredients:

- 1 red onion, chopped
- 1 garlic clove, crushed
- 1 medium red cabbage, grated
- 1tbsp brown sugar
- 1tbsp honey
- 1tbsp tomato puree
- 1 apple, peeled, cored and chopped
- 1 ½ tbsp red wine vinegar
- 240ml vegetable stock
- salt and freshly ground pepper

Method:

1. Place all the ingredients in the slow cooker
2. Cook on low for 7-8 hours

