

Braised Cabbage with Carrots (serves 4 to 6)

Ingredients

1 head Cabbage

2-3 Carrots Cut in matchsticks

½ Red Pepper Sliced

½ Green pepper Sliced

½ Red Onion Sliced

Seasoned Salt to taste

Garlic Powder to taste

Onion Powder To taste

Salt Free seasoning blend (I use Aldi brand)

Black Pepper

2 Tbsp White Vinegar

Oil for sautéing

¼ cup of water

- 1. Start by prepping vegetables and then set aside.**
- 2. Heat oil in pan then add onion and peppers cook until soft.**
- 3. Then add the Cabbage and Carrots and stir for about a minute**
- 4. Season until taste then add water and cover for about 8-12 minutes**
- 5. taste for seasoning and stir then return the lid and cook until desired doneness. (I like mine with a bite)**