

Quick Sauerkraut with Vinegar

Ingredients:

- 1 small red or green cabbage, halved and thinly sliced
- Salt, to taste
- Peppercorns, to taste
- 2 tablespoons oil (olive or vegetable oil)
- White distilled vinegar, enough to cover the cabbage

Optional:

- 1 teaspoon sugar
- 1 small apple, peeled and cubed

Instructions:

1. **Prepare the Cabbage:** Half the cabbage and slice it thinly. Rinse the cabbage under cold water and drain well.
2. **Cook the Cabbage:**
 - Heat some oil in a large pot over medium heat.
 - Add the sliced cabbage and cook, stirring often, until the cabbage is slightly browned and softened.
3. **Season and Simmer:**
 - Add salt and peppercorns to taste.
 - Pour in enough white distilled vinegar to cover the cabbage.
 - If desired, add the sugar and apple at this stage.
 - Reduce the heat and simmer for about an hour, until the cabbage is completely cooked through and wilted.
4. **Store and Serve:**
 - There will be some liquid left in the pot. Keep this liquid to store the sauerkraut in a closed container in the fridge.
 - Serve the cabbage without the liquid.

Nutritional Breakdown per Serving (1/2 cup serving size):

- **Calories:** 48.3 kcal
- **Total Fat:** 1.2 g
 - **Saturated Fat:** 0.14 g
- **Total Carbohydrate:** 3.3 g
 - **Sugars:** 1.76 g
- **Protein:** 0.64 g
- **Cholesterol:** 0 mg
- **Sodium:** 596 mg
- **Trans Fat:** 0 g