


Red Cabbage and Apples

 Cooking time: 30 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable, ¼ cup Fruit
NSLP: ½ cup Other Vegetable, ¼ cup Fruit
SFSP: ½ cup Vegetable, ¼ cup Fruit

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1 Tablespoon		2 Tablespoons
Yellow onion, thinly sliced	7 ounces	1¾ cups	14 ounces	3½ cups
Red cabbage, core removed, sliced ¼ inch	1 pound 13 ounces	3 quarts	3 pounds 10 ounces	1 gallon + 2 quarts
Cider vinegar		¼ cup		½ cup
Sugar		¼ cup		½ cup
Apples, fresh, skin on, sliced ¼ inch	13 ounces		1 pound 10 ounces	
Salt		¼ teaspoon		½ teaspoon
Cinnamon		¼ teaspoon		½ teaspoon
Cloves, ground		1 pinch		⅛ teaspoon



Directions

1. Heat a large stock pot, steam jacketed kettle, or tilt skillet over medium heat. Add the vegetable oil and the sliced onions. Cook, stirring, until softened, about 3 minutes.
2. Add the sliced red cabbage. Stir into the onions and continue to cook, covered, for about 3 minutes.
3. Add the cider vinegar, sugar and sliced apples. Stir the apples into the cabbage. Cover and cook for about 15 minutes, stirring every 5 minutes.
4. Stir in the salt, cinnamon and ground cloves. Continue to cook, covered, until the cabbage and apples are tender but still hold their shape.

CCP: Heat to 140°F or higher.

CCP: Hold for hot service at 135°F or higher.

Serve 2/3 cup portions.

Serving	Yield	Volume
⅔ cup	12 Servings: about 3 pounds 24 Servings: about 6 pounds	12 Servings: about 2 quarts 24 Servings: about 4 quarts

Nutrients Per Serving					
Calories	73	Sodium	69 mg	Vitamin A	780 IU
Total Fat	1.3 g	Carbohydrate	15 g	Vitamin C	40 mg
Saturated Fat	0 g	Dietary Fiber	2.5 g	Iron	0.6 mg
Cholesterol	0 mg	Protein	1 g	Calcium	38 mg