

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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		¼ cup		½ cup
Yellow onion, thinly sliced	1 pound 12 ounces	1 quart + 3 cups	3 pounds 8 ounces	3 quarts + 2 cups
Red cabbage, core removed, sliced ¼ inch	7 pounds 4 ounces	3 gallons	14 pounds 8 ounces	6 gallons
Cider vinegar		1 cup		2 cups
Sugar		1 cup		2 cups
Apples, fresh, skin on, sliced ¼ inch	3 pounds 4 ounces		6 pounds 8 ounces	
Salt		1 teaspoon		2 teaspoons
Cinnamon		1 teaspoon		2 teaspoons
Cloves, ground		¼ teaspoon		½ 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	48 Servings: about 12 pounds 96 Servings: about 24 pounds	48 Servings: about 2 gallons 96 Servings: about 4 gallons

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