

Braised Red Cabbage with Onion (from Vegetables Every Day) **(Good on all days)**

Serves 6 to 8 as a side dish

1 medium head red cabbage (about 2 pounds)

3 tablespoons extra-virgin olive oil

2 medium onions, halved and sliced thin

2 medium garlic cloves, minced

Salt

Freshly ground black pepper

$\frac{3}{4}$ cup vegetable stock

$\frac{1}{4}$ cup minced parsley leaves

1. Remove any tough or dry outer leaves from the head of the cabbage. Quarter the cabbage through the stem end. Cut out and discard the hard piece of the core at the base of each quarter. Slice the cabbage crosswise into thin strips. (You should have about 10 cups.)
2. Heat the oil in a large casserole or Dutch oven. Add the onions and cook over medium heat until golden, about 8 minutes. Add the garlic and cook until fragrant, about 1 minute.
3. Stir in the cabbage and sprinkle with salt and pepper to taste. Cover and cook, stirring several times, until the cabbage has partially wilted, about 5 minutes.
4. Add the stock, cover, and continue cooking until the cabbage is tender, about 10 minutes. Uncover and simmer until any liquid in the pot evaporates, 2 to 3 minutes. Stir in the parsley and adjust the seasonings. Serve immediately.