

## Quick Vegan Cabbage

### *Ingredients*

1	small	cabbage, thinly sliced (about 2 lbs.)
1	med	onion, diced
2	small	carrots, shredded
2	T.	olive oil
1	T	tomato paste
1	T	apple cider vinegar
$\frac{3}{4}$	t	sea salt or to taste
$\frac{1}{2}$	t	pepper or to taste

### *Directions*

1. First, add the oil to a large skillet over medium-high heat and sauté the onions for 1 minute or until they start to soften. Then add the carrots, and cook for a few more minutes.
2. Add the cabbage and cook for 15 minutes, or until it has softened to your preference.
3. To the skillet, add the apple cider vinegar, tomato paste, and salt and pepper (to taste). Stir everything together well and turn off the heat. Now garnish the dish with fresh parsley or dill and serve.