

# Easy Saute Cabbage, Vegetarian or Vegan Versions( gluten-free)

The Daily Basil Blog  
4 Portions

Prep Time 5 minutes  
Cook Time 15 minutes

## Instructions

**1** Rinse and chop the vegetables.

**2** You can let the cabbage sit in a bowl for 15 minutes with the salt if you want to soften it slightly. This is not necessary and I don't normally do it. I like my cabbage crispy.

**3** Warm the oil in the pan, then saute the onion for 1 minute, if you add it. Then add the cabbage and stir fry for two minutes. Then add the celery. Saute for another 10 to 13 minutes, depending on how soft you want the cabbage. Stir every minute or two during the cooking.

**4** Mix the liquid sauce ingredients together and add to the cabbage at the end of the cooking. Add the salt and pepper.

**5** You can add pumpkin and sesame seeds, if desired. Enjoy!

**Note:** This recipe can be made smaller or bigger by adjusting the number of vegetables.

[Watch the video.](#) Go to my [blog post.](#)

*Cooking*  
*A show of love*

[www.thedailybasil.com](http://www.thedailybasil.com)

YouTube-[Debbie Esplin](#)

## Ingredients

1/4 Green Cabbage, thinly sliced  
1/8 Red Cabbage, thinly sliced  
1 Celery stick, finely diced  
1/4 Onion, finely diced, if desired  
7 mL (1/2 tsp.) Salt  
1/4 onion, thinly diced, if desired

15—30 mL (1 - 2 tbsp) Maple Syrup  
15—30 mL (1—2 tbsp.) Apple Cider Vinegar  
15 mL (1 tbsp.) White Wine  
1 tsp. Salt & Pepper  
30 mL (2 tbsp.) Olive oil, Sunflower Oil or Butter

### My favourite sauce recipe:

15 mL (1 tbsp) Maple Syrup  
30 mL (2 tbsp.) Apple Cider Vinegar

This recipe is **Gluten-Free.**

**Vegetarian version:** use any of the oils or butter, as you wish.

**Vegan version:** use the oils and not the butter.

## Easy Saute Cabbage

