

Carolina Cole Slaw Recipe

Ingredients

- 1 head green cabbage, cored and thinly sliced*
- 1 small (or 1/2 medium) red onion, thinly sliced*
- 1 small, sweet onion, thinly sliced*
- 2 large carrots, grated*
- 1 red bell pepper, chopped*
- 3/4 cup apple cider vinegar*
- 1/2 cup granulated sugar*
- 1/2 cup grapeseed, avocado, or olive oil*
- 1 teaspoon dry mustard*
- 1 teaspoon celery seeds*
- 1/2 teaspoon red chili flakes*
- Kosher salt, to taste,*
- Black pepper, to taste*

Instructions

- 1.) Add cabbage, red onion, sweet onion, carrots, and red bell pepper in a large bowl, toss to combine and set aside.*
- 2.) Combine the vinegar and sugar into a small saucepan and season with dry mustard, celery seeds, salt, and black pepper, to taste.*
- 3.) Set over medium heat and stir the mixture until the sugar thoroughly dissolves, approximately one to two minutes.*
- 4.) Remove from heat and whisk in the oil, let cool.*
- 5.) Cover the cabbage mixture and the liquid mixture (once cooled) each with plastic wrap and chill both in the refrigerator for two hours to overnight.*
- 6.) Mix and let chill in the refrigerator covered for about one hour before serving.*

Prep Time: 10 minutes ~ Cook Time: 5 minutes ~ Total Time: 15 minutes

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