

CABERNET CRANBERRY SAUCE



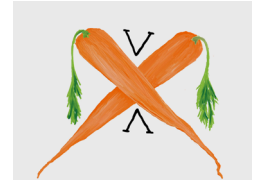
SERVES: 10-12

PREP TIME: 10 MINS

COOK TIME: 20-30 MINS

TOTAL TIME: 30-40 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

16 oz fresh cranberries

1 cup Cabernet Sauvignon, or red wine of choice*

2 oranges, zest and juice

1/4 cup pure maple syrup

1/4 cup date sugar

1 tsp cinnamon

1/2 tsp ground cloves

1/4 tsp cardamom

METHOD

Wash cranberries thoroughly, making sure to pick out any smashed berries. Zest and juice oranges.

Add all ingredients to a large pot, stir well. You want enough space for the ingredients to double in volume while cooking.

Place pot over medium-high heat and bring to a low boil while stirring. Reduce heat to a simmer and cook for 20-30 minutes, uncovered, stirring frequently to prevent sticking.

When most cranberries have burst and the mixture look thick like jam, remove from heat and allow to cool. Taste for additional sweetness, but remember cranberry sauce is supposed to be tart! Place in a glass jar or bowl to store.

Will keep in the refrigerator for 1-2 weeks if sealed tightly. Also freezes well for later use. Serve at room temperature. Enjoy!

NOTES:

*Yes, we're cooking with wine. MOST of the alcohol will evaporate with simmering for 30 minutes, but about 35% of the original alcohol content will remain. But remember, 1 cup of wine in this recipe is divided at least 12 ways based on the serving size. So, we are looking at extremely minimal content, likely less than 1% alcohol per serving, which you commonly find in kombucha or other fermented foods. **If you feel uncomfortable with this or have kids who enjoy larger amounts of cranberry sauce, you can sub the wine in this recipe for 1/2 cup water (wine evaporates more rapidly than water so you should need less).**

I like to serve cranberry sauce with vegan no-meat loaf (recipe coming soon!), as a spread on biscuits or rolls, and even use leftovers mixed in with granola or oatmeal!

NUTRITION:

Serving Size: 1/12 recipe, approximately 2 TBSP

Total Calories: 90 Total Fat: 0 g Sodium: 6 mg Potassium: 94 mg

Carbohydrates: 20 g Fiber: 4 g Sugar: 13 g Protein: 1 g