



Onion Thingy



Vegan

I love tangy, spicy, pickily condiments. I find that they elevate your meal and taste buds, too. You'll almost always find a Mason jar with this "purple-beaut" in my fridge.

I love it in my house, with a mouse, in a box, and with a fox...

So go and love it with your fish, or on a dish, with a cheese, and in the breeze.

You would love it here and there; you would love it anywhere!

Nuf with the silliness and back to business... it will "pop" and add joy and happiness to almost any meal - a wrap, sandwich, a loaded taco, and always, always on your guaco!

And fun fact - if you add "vinegary" food to your meal, it will slow down your sugar spike after the meal.

- ♥ 1-2 red onions
- ♥ Red wine vinegar

1. Slice onion to thin rings or julienne style
2. Place in a bowl and toss it with a generous amount of red wine vinegar, but without fully covering it.
3. Place in a sealed container or a Mason jar.
4. Add to any desired dish

- Can last for a couple of weeks but it will get softer the longer you store it.