



## **Pickled Onions**

(courtesy of @upishi101)

Prep Time: 30 Mins

### **INGREDIENTS**

- 4 red onions
- 1/2 a cup of Jars of Goodness Apple Cider Vinegar
- 1 tablespoon of sugar
- 1 teaspoon of salt
- 1/2 a cup of water

### **METHOD**

- Slice the onions into rings and stuff them inside a jar, making sure to press down to expell all the air.
- For the brine: Boil a mixture of the water, Apple cider vinegar, salt and sugar.
- Pour the hot liquid over the jar of onions and cover with an air tight lid.
- Let it cool down to room temperature before popping it into the fridge for 24 hours or overnight.
- Enjoy your pickled onions as a topping in burgers, hot dogs, toast etc.