



Red Cabbage Soup

Serves 8

Ingredients:

- 2tbsp olive oil
- 3 medium carrots, chopped
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 medium red cabbage, sliced
- 2 potatoes, cubed
- 1.5 litre vegetable stock
- 2tbsp red wine vinegar
- fresh parsley, to serve
- Sour cream (or yoghurt), to serve
- salt and freshly ground black pepper, to taste

Method:

1. Heat oil in the large pan
2. Add onions and carrots and cook for about 5 minutes
3. Add garlic, ½ teaspoon of salt, some pepper and cook for another minute
4. Add sliced cabbage and cook for about 5 minutes
5. Add chopped potatoes
6. Cover with stock and bring to a boil
7. Reduce heat and simmer for about 25-30 minutes
8. Remove from the heat and stir in vinegar
9. Season to taste
10. Serve garnished with sour cream or yoghurt and some fresh parsley

