

Cabbage Soup

Ingredients

- 250g Cabbage (½ small cabbage)
- 150g Potato (2 medium)
- 150g Carrot
- 100g Onion (1 medium)
- 2 litre cold water
- 1 Knorr Vegetable Stock Cube
- ½ Teaspoon Dried Mint

Options

- As with all soups, you can modify the ingredients and quantities but still stay with the general principle of the main ingredient – in this case - Cabbage.
- You can try other herbs such as Bay Leaf or Thyme if you want something different from mint.
- Of course, fresh mint from the garden or windowsill is much better than dried mint!

Equipment

- Sharp knife
- Kitchen Scales
- Measuring Jug
- Large Saucepan
- Spatula
- Teaspoon

Preparation

- Get the ingredients and equipment to hand
- Shred the cabbage
- Dice the onion, but it is much easier to use frozen diced onion

Method

Pour the water into a large saucepan and add the potato, carrot, onion and stock.

Bring to the boil and simmer for 15 minutes.

Add the cabbage and mint.

Bring back to the boil and simmer for 15 minutes.

Assuming the potato and carrot are soft, you are ready to serve.

Notes

You might need to add a bit salt as there is not much in a vegetable stock cube.

You probably don't need to measure out the cabbage or the water exactly as there's a lot of flexibility in these numbers - and you still have a perfectly acceptable soup.



Shredding Cabbage for Soup

Portions

Number of portions	5 - 6
Final Portion Size	200g
Storage Container	Large Plastic

Storage

Serve fresh but also ideal for freezing in plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably defrosted overnight before heating.

If you heat on the stove top, be sure to defrost first, or stick in the microwave for a few minutes to start the defrost.

You can add extra water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Shredding Cabbage
- Dicing and Slicing Onions
- Dicing and Slicing Potato
- Dicing and Slicing Carrot

