

## 'What's Cooking !' Recipe Cards

## SPICY CABBAGE SOUP



**Preparation time** 10 mins

**Cooking time** 25 mins

**Food Fact:-**

**Is known as the medicine of the poor.**

**High in vitamin C, calcium and folate.**

**Avoid over cooking as this reduces nutrients and releases unpleasant smells.**

Serves 4-6

**REAL FOOD  
WORKS**

## SPICY CABBAGE SOUP

**Ingredients**

1. Add approx one tbsp stock to a large microwavable dish, add sliced onion and cook on HIGH for about 3 minutes.
2. Stir in garlic and minced chili pepper. Continue to sauté for another minute.
3. Stir in dried coriander and mustard, and add rest of stock and rest of ingredients except cabbage, salt and pepper. Cook on HIGH for about 15-20 minutes, uncovered, or until potatoes are tender.
4. Add cabbage, and cook on HIGH for another 5 minutes. Season with salt and pepper to taste.

**1 medium sized onion, quartered and sliced thin**  
**3 medium cloves garlic, chopped**  
**1-2 tsp minced fresh red chili pepper (serrano, or jalapeno)**  
**2 tsp ground coriander**  
**1 tbsp dry mustard**  
**1.1 Ltr vegetable stock**  
**2 tbsp fresh lime juice**  
**350g potatoes cut in ½ inch cubes**  
**15oz can diced tomatoes**  
**300g thinly sliced Savoy or green cabbage,**  
**salt and black pepper to taste**

