

Healthy Cabbage Soup

キャベツのスープ

● Ingredients (servings 2)

¼ Green Cabbage

1 Onion

1 Carrot

2 cups low sodium Chicken Stock

½ tsp. Salt

A pinch of Black Pepper

1 Tbsp. Margarine

● Prepare Vegetables



Mince a peeled onion.



Chop a peeled carrot.



Cut $\frac{1}{4}$ cabbage in half.

● Cook



Heat 1 Tbsp. of margarine in a sauce pan over medium heat.



Add the minced onion to the pan and cook for about 3 minutes over medium heat.



When the onion turns a clear color, add the chopped carrot to the pan and cook over medium heat for 3 minutes.



After the 3 minutes, add the cut cabbage to the pan.

And pour 2 cups of low sodium chicken stock in gently.

Cook over medium heat until it boils.

Once it boils, turn the heat down to low and cook for 15 minutes with a lid.



After the 15 minutes, transfer the cabbage to a serving bowl carefully.



Season the soup with $\frac{1}{2}$ tsp. of salt and a pinch of black pepper and turn the heat off.

Pour the soup over the cabbage and serve.

