



Antioxidant cabbage soup

15'

Hands on

45'

Cook Time

8-10

Portion(s)

1

Difficulty



Method

- **Finely chop** the onion, garlic, and pepper.
- Cut the carrot and the celery sticks into thin slices 0.5 cm thick.
- Heat the olive oil in a **deep pot** over medium heat.
- Sauté the vegetables for 4-5 minutes until slightly golden. Add the tomato paste and sauté for 1 more minute.
- Finely chop the cabbage and add it to the pot with the rest of the vegetables and the tomato juice, fresh oregano, water, salt, and pepper.
- Cover with lid and boil over medium to low heat for 30-40 minutes until the vegetables are tender.
- Remove lid and add lemon juice.
- Season to taste and serve.

Ingredients

- 1 onion
- 2 cloves of garlic
- 1 red Florina pepper
- 3 carrots
- 3 celery sticks
- 2 tablespoons olive oil
- 1 tablespoon tomato paste
- 400 g cabbage
- 400 g tomato juice or grated tomatoes
- ½ teaspoon oregano, fresh
- 1 liter water
- salt
- pepper
- juice from 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

70 Calories (kcal)	2.1 Total Fat (g)	0.3 Saturated Fat (g)	8.4 Total Carbs (g)
4%	3%	2%	3%
7.5 Sugars (g)	1.9 Protein (g)	3.7 Fibre (g)	0.16 Sodium (g)
8%	4%	15%	3%