

Cabbage and Ginger Soup

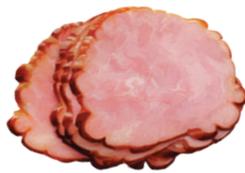
Preparation time	15 minutes
Cooking time	30 minutes
Servings	6-8
Cost per serving	81¢
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Large pot, cutting board, sharp knife, measuring cups and spoons, wooden spoon, grater, ladle



Ingredients



15 ml (1 tbsp)
canola oil



250 ml (1 cup) **smoked ham**,
diced (about 1 thick slice / 125 g)



1 small **yellow onion**,
chopped (about 125 ml / ½ cup)



1.5 L (6 cups) **green cabbage**,
minced



Salt and pepper
to taste



1 **carrot**,
grated



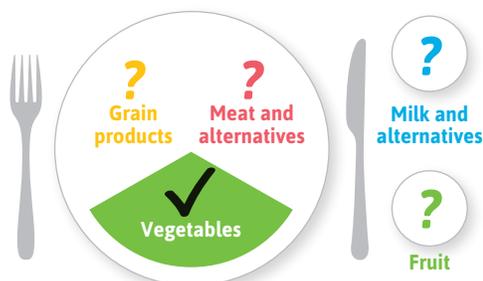
5 ml (1 tsp)
fresh **ginger**,
finely chopped

OR ONE CLOVE
OF FINELY CHOPPED
GARLIC



1.5 L (6 cups)
chicken broth

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Balanced plate

✓ One serving of this soup is a tasty way to add vegetables to your menu!

Directions

- 1 In a large pot over medium-high heat, heat the **oil**; add the **ham** and cook, stirring occasionally, until lightly coloured (about 2 minutes).

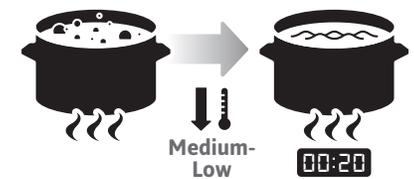
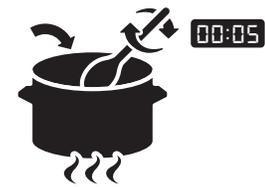
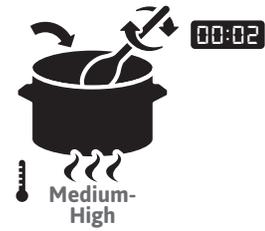
- 2 Add **onion** and **cabbage**, then **salt** and **pepper**. Cook 5 minutes, stirring regularly.

- 3 Add **carrot**, **ginger** and **broth**. Mix together.

Variations:

 - Add chopped leek or diced potatoes to this cabbage soup.
 - Add a bay leaf at the same time as the chicken broth.

- 4 Bring to a boil, reduce heat and simmer gently for 20 minutes.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

