



# RED CABBAGE SOUP

Recipe from Knorr Future 50 Foods Cookbook

Serves 4 – Easy – 50 minutes



## Ingredients

- 400g red cabbage
- 1 onion
- 2 tbsp vegetable oil
- 150ml orange juice
- 2 tsp Knorr Reduced Salt Vegetable Granules
- 500ml water
- 50ml soy or oat cream, for cooking



## Method

1. Cut the red cabbage into fine strips. Peel and dice the onion.
2. Heat the oil in a pan over a medium heat and fry the red cabbage for about 5 minutes. Deglaze with orange juice.
3. Add 500ml of water and Knorr Reduced Salt Vegetable Granules. Bring to a boil and cook covered at low to medium heat for about 30 minutes.
4. Transfer soup to a blender and blend until smooth. Serve in bowls and top with cream.



## Greenhouse Gasses

Total overall recipe 1.19kg CO2e

Total per serving 297.5g CO2e

Per serving equivalent to driving 1 mile in an average UK petrol car

