

Red cabbage soup with chickpeas

Ingredients:

4 servings

1 red onion	0.5 cup milk
1 garlic clove	Sea salt, pepper, cinnamon, ground caraway
300 g red cabbage, raw	1 tbsp balsamic vinegar
2 tbsp canola oil	1 tbsp apple syrup
2 tbsp red wine	0.5 cup (3-4 tbsp) cooked chickpeas, chopped
Zest and juice of 1 organic orange	Cress, chopped
1.5 L vegetable broth	

Directions:

- 1 Peel and chop onion and garlic.
- 2 Remove outer layers of red cabbage, then cut.
- 3 Heat oil in a pot, sweat onion, garlic and cabbage for a few minutes.
- 4 Deglaze with red wine, then add vegetable broth.
- 5 Cook cabbage till tender. Add milk, orange zest and juice, spices, vinegar and syrup.
- 6 Cook for about 15 min., then puree with a mixer.
- 7 Serve in soup bowls. Sprinkle with a few chickpeas and some cress.

Hint: Serve with a slice of fresh bread or focaccia.

Nutrition (per serving):

Energy	180	kcal
Fat	1	g
Carbohydrates	15	g
Fibre	4.3	g
Protein	3.6	g
Sodium	700	mg

Tbsp...Table spoon
tsp...Tea spoon
Cup...240 ml