



as hot as you like it

Spicy Cabbage Broth



PREP:
20 mins

COOK:
45 mins



EASY



SERVES 8+

healthy, hearty and full of goodness broth

INGREDIENTS

2 large onions
2 green peppers
2 cans chopped tomatoes
1 bunch of celery
1 head of cabbage
2 carrots
8 cloves of garlic
1-2 bouillon cubes (vegetable)
2 pints water
Olive oil
1 teaspoon Oregano
1 teaspoon Chilli powder
1 teaspoon Chilli flakes
1 teaspoon Paprika powder
1 teaspoon Cayenne powder

METHOD

Chop all vegetables into small bite size cubes

In a large stock pot, sauté onions in a small amount of oil, add crushed garlic

Add remaining vegetables and cover with water or vegetable stock & any other seasoning (you can choose to use any spices for a hotter version)

Bring to the boil, then reduce to medium heat

Let simmer until vegetables are tender (approximately 30-45 minutes)

Serve with warm crusted bread.