

## **Vegan Monday: Red Cabbage And Apple Soup With Caraway Seeds**

### **Ingredients:**

Difficulty: Easy  
(serves 4)

2 tbsp olive oil  
1 big onion, diced  
450 gr. red cabbage, first quartered then sliced thinly (or grated)  
salt to taste, about 1 tsp  
1 crunchy apple, unpeeled and coarsely grated  
1 tsp caraway seeds (or cumin seeds, or fennel seeds)  
2 tbsp apple cider vinegar  
1 tbsp coconut sugar  
1.5 lt water or vegetable broth, or a combination of both that makes a total of 1.5 liquid  
pepper to taste

### **To serve:**

Soy or coconut yogurt - I used Alpro plain soy yogurt with coconut (if you are not vegan, you can use normal plain yogurt)

### **Instructions:**

1. In a soup pot, add olive oil on medium high heat for about half a minute. Add onion and sauté until it is translucent, for about 5 minutes.
2. Add cabbage and about 1/4 tsp salt and sauté for 5 minutes.
3. Add apple and caraway seeds and continue to cook for 1 more minute by continuously stirring.
4. Add apple cider vinegar, sugar and about 2 dl of broth/water, cook for 5 minutes by stirring frequently.
5. Add the rest of water / broth, stir and let it come to a boil. When it boils, turn the heat low and simmer it gently for 30-35 minutes, until the cabbage cooks and gets tender.
6. Add more salt and pepper to taste and cook for 2 more minutes with this addition. Turn down the heat and let the soup rest for 10 minutes, with the lid on. Serve with soy or coconut yogurt (or normal yogurt, if you are not vegan). Enjoy!