FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Cabbage and potato soup with bacon



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**244 kcal**

Stuff that's in it:

• 100G Peas

• 450G Maris Piper Potato (Chopped)

• 1 (180G) Onion (Chopped)

• 1Lt Veg Stock

• 1 Tsp Oil

• 1 (200G) Large Carrot (Sliced)

• 2 Garlic Cloves (Chopped)

• 200G Savoy Cabbage (Sliced)

• 8 Smoked Bacon Medallions

What you do:

Heat your oil in a large deep pot.

Add the onion and fry Gently for a few minutes until it becomes translucent. Add the garlic , carrot and potato and fry for a minute or two, add the stock, bring to the boil and simmer for around 15mins.

Using a stick blender, blend to a soup like texture, then return to the hob, add the shredded cabbage and peas and simmer until softened and ready. Fry of grill your bacon, slice and add each bowl of soup.

Nutrition

• Carbs: 33g

• Fat: 4g

• Protein: 15g

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