

WINTER SALAD

Makes 2l (8 cups)

Eating For Sustained Energy: Gabi Steenkamp & Liesbet Delport

Ingredients:

- * 1 tsp oil
- * 1 medium onion, peeled and chopped finely or grated
- * 1 medium green sweet pepper, chopped finely or grated
- * 1 medium red sweet pepper, chopped finely or grated
- * 2 cloves garlic, chopped finely
- * ¼ cabbage, shredded or grated
- * 1x 400g can tomatoes, chopped finely
- * 1.5 litres boiling water
- * 1x 40-50g packet onion soup powder
- * 1 tsp dried herbs

1. Heat the oil in a saucepan
2. Fry the onion, green pepper, red pepper and garlic in the oil until softened
3. Add the cabbage and stir until well mixed
4. Add the tomatoes and 1.25 litres of the boiling water
5. Mix the remaining boiling water with the soup mix or onion soup powder and add to the soup, together with the dried herbs
6. Cover and boil for 30 minutes

