



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CORNED BEEF & KRAUT SOUP

Time: 20 minutes

Serves: 4

Ingredients:

4 litres chicken stock (preferably homemade)
200g carrots - peeled and coarsely grated
200g sauerkraut (preferably homemade) - rinsed and drained
8g kosher salt
3g caraway seeds
1g fresh ground black pepper
240g corned beef - sliced or shaved then roughly chopped

Preparation:

Place all ingredients except corned beef in a pot on high heat. Bring to a boil. Reduce to simmer for five minutes.

Remove from heat and stir in the corned beef. Let stand covered for five minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 125
Fat: 4g
Carbs: 10g
Fibre: 4g
Protein: 15g