Mrs Bucket’s Cabbage Soup

* 1 teaspoon olive oil
* 64g chopped onion
* 1 clove of garlic, crushe
* 4 cups cabbage (256g) coarsely chopped
* 4 cups water, chicken or vegetable stock
* 1 bay leaf
* 1/2 teaspoon salt + pepper to taste

**Instructions:**

1. Heat oil in a medium soup pot and saute onion & garlic for 2 minutes.
2. Add cabbage, cook and stir for a minute.
3. Add water or stock, bay leaf, salt, and pepper to taste.
4. Bring to a boil, reduce heat, cover and simmer for 10 minutes.

**Variation:** Mrs Bucket sometimes adds one carrot, sliced 1/8-inch thin, along with the cabbage.