

Recipes

Cabbage Soup

Number of servings: 4 Preparation time: 15 minutes Total time: 50 minutes

Ingredients:

2 teaspoons olive oil 1/4 teaspoon coriander, ground 1/4 teaspoon fennel, ground 1/4 teaspoon cumin, ground 1 medium onion, chopped 4 1/2 cups green cabbage, shredded 15 ounces low sodium whole tomatoes, canned 4 cups low sodium chicken broth 1/4 teaspoon black pepper, ground

Equipment Needed:

Cutting board Knife Large pot with lid Measuring spoons Measuring cups Ladle Can opener



Directions

- •Heat olive oil in large pot on medium heat. Add onion and stir in the ground spices. Cook until onions are translucent, about 5 minutes.
- •Add shredded cabbage to the pot and stir to mix the cabbage with the onions. Add canned whole tomatoes, with their juices, to the pot. Stir.
- •Add broth to the pot. Bring to a boil and then lower the heat and cover the pot. Let simmer for 20 to 25 minutes or until the cabbage is thoroughly cooked.

Always wash fruits and vegetables before consuming them.

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Nutrition Facts

Serving Size 1 serving (716.4g) Servings Per Container 4

Amount Per Serving		
Calories 130	Ca	alories from Fat 40
		% Daily Value*
Total Fat 4.5g		7%
Saturated Fat	1g	5%
Trans Fat 0g		
Cholesterol 0m	g	0%
Sodium 150mg		6%
Total Carbohydi	rate	17g 6%
Dietary Fiber	5g	20%
Sugars 8g		
Protein 8g		
Vitamin A 10%	•	Vitamin C 90%
Calcium 10%	•	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.		

To change up the flavor of the soup, try using low sodium vegetable broth or different spices, such as oregano, thyme, basil, paprika or parsley.

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