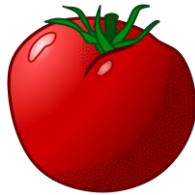


Cabbage Soup

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

Ingredients:

- 2 teaspoons olive oil
- ¼ teaspoon coriander, ground
- ¼ teaspoon fennel, ground
- ½ teaspoon cumin, ground
- 1 medium onion, chopped
- 4 ½ cups green cabbage, shredded
- 15 ounces low sodium whole tomatoes, canned
- 4 cups low sodium chicken broth
- ½ teaspoon black pepper, ground



Equipment Needed:

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

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Nutrition Facts

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

Amount Per Serving

Calories 130 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 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.

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.

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.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.