

Eat Smart • Move More

Cabbage Soup

Prep Time: 10 minutes

Total Time: 45 minutes



Ingredients

- 2 teaspoons olive oil
- 1 onion, chopped
- ¼ teaspoon ground coriander
- ¼ teaspoon ground fennel seed
- ⅛ teaspoon ground cumin
- 4 cups cabbage, sliced into ¼-inch strips
- 4 cups water
- 15 ounces canned low-sodium whole tomatoes, undrained
- 4 low-sodium bouillon cubes
- ¼ teaspoon ground black pepper

Nutrition Facts

4 servings per container

Serving size 1 serving (716.4g)

Amount per serving
Calories 130

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 150mg 7%

Total Carbohydrate 17g 6%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes g of Added Sugars

Protein 8g

Vitamin D 0mcg 0%

Calcium 108mg 8%

Iron 2mg 10%

Potassium 639mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

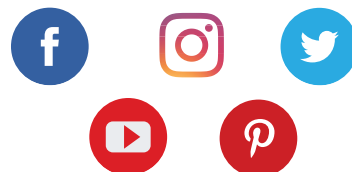
Directions

- Heat oil in a pot on medium heat. Add onion and spices. Cook until onions are soft, about 5 minutes.
- Add cabbage, water, tomatoes, bouillon cubes, and pepper to the pot and stir. Return to a boil, then lower heat. Cover and let simmer for 20 - 25 minutes or until the cabbage is thoroughly cooked.

Quick Tips

- ▶ Add brown rice, beans, ground turkey, or ground beef to this dish for a more filling meal.
- ▶ Cabbage is in season during the winter months in Virginia.
- ▶ 1 pound of cabbage makes about 4 cups of shredded cabbage.

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(Recipe adapted from: <https://www.simplyrecipes.com>.)

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