

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 fennel seed
- ⅛ teaspoon ground cumin
- ½ medium head cabbage, sliced into ¼-inch strips
- 4 cups water
- 15 ounces canned low-sodium whole tomatoes
- 4 reduced 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 to medium heat. Add onion and spices. Cook until onion is soft, about 5 minutes.
- Add cabbage, water, tomatoes, bouillon cubes, and black 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 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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