



CABBAGE SOUP

DIRECTIONS:

1. Heat about 1 tablespoon of oil in a heavy soup pot. Add onion and saute 3 to 4 minutes until translucent. Add carrots and bell peppers and cook 3 to 4 minutes more.
2. Add cabbage and seasoning. Pour in stock and water. Simmer soup on low for about 30 minutes. Check occasionally to see if you need to add extra water.
3. Continue to simmer for 15 to 30 minutes more until cabbage is soft and carrots are tender.

Note: 2 cups of diced lean ham can be added with the cabbage and seasoning. Any form of stock may be used. Omit salt if using ham stock.

YOU WILL NEED:

- 1 head cabbage, chopped
- 1 onion, chopped
- 1 bell pepper, chopped
- 2-3 carrots, chopped
- 6 cups chicken stock
- 2 cups water
- 1 tablespoon dried parsley
- 1 tablespoon all-purpose seasoning
- 1 teaspoon garlic powder
- 2 bay leaves
- salt and black pepper to taste



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