

Cabbage Soup

(Makes 21 cups)

2 ½ carrots chopped
2 ½ celery stalks chopped
½ large onion chopped
4 cups chicken broth (no salt added)
7 cups V8 (low sodium)
2 cups water
½ teaspoon salt
½ teaspoon pepper
3 tablespoons Frank's hot sauce
1 tablespoon minced garlic
¾ tablespoon dried thyme
1 tablespoon dried basil
1 can (14.5 oz) diced tomatoes
¾ head of green cabbage chopped
2 cans white kidney beans

Directions

1. Chop carrots, celery and onion and sauté in 1.5 tablespoon olive oil for 4 minutes in large stock pot over medium high heat.
2. Add all remaining ingredients except beans (broth through cabbage) and bring to a boil. Lower heat and simmer for 2 – 2.5 hours, stirring occasionally.
3. Add the beans during the last 10 minutes.

Nutrition Info (1 cup)

Calories - 88

Carbs – 16g

Fat - 0.3g

Protein – 6g

Potassium – 467mg

Sugars – 5g

Fiber – 5g

Sodium – 297mg

Cholesterol – 0mg

Calcium – 7%

Vitamin C – 68%

Vitamin A – 35%

Iron – 9%