

Cabbage Soup

1 Tablespoon olive oil
1 medium onion, diced
4 carrots, diced
4 celery stalks, diced
2 gloves garlic, minced
6 cups of chicken broth
6 oz. Turkey sausage link
28 oz. Italian style diced tomatoes
½ head of cabbage, chopped
½ teaspoon oregano
½ teaspoon basil
½ teaspoon paprika
Pepper
Salt (optional)

Directions:

1. Heat 2 tablespoons of olive oil in a large pot over medium heat.
2. Add celery, onion, and carrots
3. Sauté until slightly tender
4. Stir in garlic
5. Pour in chicken broth
6. Stir in tomatoes and cabbage
7. Bring to a boil and then reduce heat.
8. Stir in oregano, basil, smoked paprika, black pepper and salt (optional)
9. Cook until cabbage is tender
10. Taste broth and adjust seasoning in needed.

Serves 10

Nutrient Analysis, per serving: 114 calories, 13g. carbohydrate, 8g. protein, 5g. fat, 406mg. sodium