



Vegetarian Cabbage Soup

INGREDIENTS (serving size: 16 –1 ½ cup each)

- 1 ½ cups carrots, chopped
- 1 ½ cups onion, chopped
- 3 cloves garlic, minced
- 2 bay leaves
- 1 teaspoon paprika
- ½ teaspoon ground pepper
- 2 14.5-ounce cans diced tomatoes, unsalted
- 4 cups green cabbage, shredded
- 1 cup cut green beans, frozen
- 46 ounces low-sodium tomato juice
- 1 ½ cups green pepper, chopped
- 3 cups celery, chopped
- 16 ounces low-sodium vegetable broth

NUTRITION INFORMATION: 60 Calories; 0 grams Fat; 0 grams Saturated Fat; 0 mg Cholesterol; 160 mg Sodium; 12 grams Carbohydrates; 7 grams Sugar; 3 grams Fiber; 2 grams Protein

DIRECTIONS

1. Add all ingredients to a large crock pot. Cover and cook on medium heat for 2 to 4 hours or until desired texture of vegetables. Remove bay leaves prior to serving.

Chef Notes: For a heartier soup, consider adding ancient grains, canned beans or cubed potatoes. Soup may be stored in refrigerator for up to one week. Freeze in small containers up to 3 months.