

servings: 4-6    prep time: 15 min    cook time: 25 min    freezes?: yes

## CABBAGE SOUP

### Ingredients:

- 2 Tbsp olive oil
- 3 c sliced cabbage
- 1 cup cubed potatoes
- 3/4 cup diced tomatoes
- 1 clove garlic, diced
- 1/2 c onions diced
- 1 carrot, sliced
- 3 Tbsp tomato paste
- 1/2 cup celery sliced
- 1/2 cup zucchini sliced (optional)
- 1/2 cup sweet peppers diced (optional)
- 1 bay leaf
- 1 tsp Italian seasoning
- 1 tsp chili powder
- 4 cups broth
- Salt & pepper to taste



### Instructions:

1. Heat oil in a pot on medium heat, add diced onion & garlic & sauté until fragrant.
2. Add all the vegetables except the potatoes, put the lid on the pot, and allow them to sweat for 5 minutes.
3. Add the broth, seasonings, tomato paste, and potatoes to the pot. Bring to the boil, then reduce heat to low and simmer with the lid on for 15 minutes, or until the vegetables are tender.
4. Season to taste with salt & pepper, then either serve like this or puree until smooth