



## **PLUM TOMATO CABBAGE SOUP**

Intermediate Lifestyle

### **Ingredients**

6 plum tomatoes, chopped  
4 cups fat-free vegetable broth  
2 cups chopped green cabbage  
Morton's 50% Less Sodium and pepper, to taste  
(Optional seasonings:  
For a hot 'n' sweet flavor: Splenda + Frank's RedHot  
For a garlicky flavor, Tabasco + garlic powder)

### **Instructions**

1. In a large pot sprayed with nonstick spray, place chopped tomatoes along with any juice and seeds. Cook over medium heat for 2 to 3 minutes, stirring occasionally.
2. Add vegetable broth and cabbage, and raise heat to high. Once Soup reaches a boil, reduce heat to low and cover. Allow soup to simmer for 5 minutes.
3. Season to taste with salt and pepper (or other ingredients as noted above).

### **Portion-Per-Serving Information** (Yields 5 servings):

1 serving = 1 cup = 1 V