



CABBAGE SOUP

Basic Lifestyle

INGREDIENTS

2 TBS extra-virgin olive oil
1 medium onion, chopped
2 medium carrots, chopped
2 stalks celery, chopped
1 medium red bell pepper, chopped
2 cloves garlic, minced
1 ½ TSP Italian seasoning
½ TSP ground pepper
¼ TSP salt
8 cups low-sodium vegetable broth
1 medium head green cabbage, halved and sliced
1 large tomato, chopped
2 TSP white-wine vinegar

INSTRUCTIONS

—Heat oil in a large pot over medium heat. Add onion, carrots and celery. Cook, stirring, until the vegetables begin to soften, 6 to 8 minutes. Add bell pepper, garlic, Italian seasoning, pepper and salt and cook, stirring, for 2 minutes.

—Add broth, cabbage and tomato; increase heat to medium-high and bring to a boil. Reduce heat to maintain a simmer, partially cover and cook until all the vegetables are tender, 15 to 20 minutes more. Remove from heat and stir in vinegar.

SERVING INFO: (Yields 6 servings): 2 cups = 4 V

See photo of recipe at [Instagram](#) and [Facebook](#).

See recipe video at EatingWell.com → [Cabbage Soup](#)