



WHOLEHEARTED LIVING

JENNA RD, CDE



Cabbage Soup 2.0

BY COOKIE ROOKIE



15 MINS PREP



25 MINS COOK



4 SERVINGS



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INGREDIENTS

1 spray olive oil spray	1/2 cup zucchini chopped
3 cups low sodium vegetable broth	1 cup tomato diced
2 cloves garlic minced	1 tablespoon fresh basil chopped
1 tablespoon tomato paste	1/2 teaspoon dried oregano
2 cups cabbage chopped	1 dash salt to taste
1/2 yellow onion	1 dash pepper to taste
1 cup carrot chopped	1 tablespoon chives, for garnish chopped
1 cup green beans	1 cup Canned Lentils

NUTRITION INFORMATION PER SERVING

Protein 6.7g	Fruits 0 servings
Total Fat 3.82g	Vegetables 1.55 servings
Carbs 24g	Saturated Fat 0.53g
Calories 150kcal	Sodium 370mg
Iron 2.62mg	Fiber 8.5g
Vitamin C 34mg	Added Sugar 0g

Method

1. Spray a large pot with olive oil spray.
2. Sauté onions, carrots, and garlic over medium-high heat for 5 minutes or until the onion is translucent and the carrots soften.
3. Add the broth, tomato paste, tomatoes, cabbage, green beans, and all spices. Stir to combine.
4. Reduce heat to simmer and cook for 10 minutes or until the veggies are all tender to your liking.
5. Add the zucchini and lentils; and continue to simmer for 10 more minutes.
6. Serve hot garnished with chopped chives or thyme if desired.

