

Oklahoma Gardening
Cabbage Soup



- 1-1/2 pounds green or red cabbage
- 1 tablespoon canola oil
- 1 quart tomato juice without added salt
- 4 cups reduced sodium, fat-free chicken broth
- 1/2 teaspoon black pepper
- 1/3 cup sugar
- 1/4 cup red wine vinegar
- 2 teaspoons fresh lemon juice
- 1 cup raisins
- 1/2 cup reduced fat sour cream

1. Core and thinly slice cabbage.
2. Heat oil in a 3-quart Dutch oven over medium-low heat. Add cabbage and cook, stirring occasionally, over medium heat until it begins to wilt (about 10 minutes).
3. Add remaining ingredients except sour cream. Raise heat to high and bring to a boil. Reduce heat to medium, cover partially, and simmer until cabbage is tender (about 30 minutes).
4. Taste to adjust seasoning adding more sugar or lemon juice if desired. When ready to serve, ladle into warmed soup bowls, and spoon a rounded tablespoon of sour cream in the center.

Serves 6.

Nutrition Facts		
Serving Size: 1/8 of recipe		
Servings per recipe: 8		
Amount Per Serving		
Calories 158	Calories from fat 18	
	% Daily Value	
Total Fat 2g		4%
Saturated Fat	trace	2%
Cholesterol 1mg		0%
Sodium 314g		13%
Carbohydrate 34g		11%
Dietary Fiber	4g	15%
Protein 5g		9%
Vitamin A: 16%	Vitamin C: 85%	Folacin: 15%
Calcium: 7%	Iron: 9%	Potassium: 18%

Modified from original source: <http://www.copykat.com/asp/popuprecipe.asp?recipe=4>
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