

Cabbage Soup

Yield: 6

Ingredients

4 tbs garlic, minced
2 tbs Peanut Oil
6 c Fat-free Chicken Broth
4 tsp Soy Sauce; to taste
1 tsp Salt; or less
3 cups Cabbage; coarsely shredded
2 medium carrots; diagonal 1" pieces

OPTIONALS

1 Stalk celery; chopped
few mushrooms; sliced

GARNISH

red pepper, dried; Crushed, to taste

Preparation

Use light hand with garnish to get an intriguing and subtle touch. In a deep saucepan or Dutch oven sauté the garlic in oil over medium heat until it starts to turn brown. (This will take only a few minutes.)

Add remaining ingredients, and bring to a boil. Lower the heat and simmer, covered, about 10 minutes, or until all the vegetables are tender. Taste and adjust seasonings. Serve immediately or store for reheating later. (Unlike many other soups, this one is not delicate, and reheats readily.)

PER SERVING: Calories, 80; Protein, 2 g; Carbohydrates, 9 g; Fat, 5 g; Sodium, 663 mg; Cholesterol, 0 mg; Dietary Fiber, 2 g. CREDITS: (1988) Recipe from STILL LIFE WITH MENU by Mollie Katzen ? 1988, at Ten Speed Press. [www] Recipe from COMPUCOOK.com Culinary America Series. Edited for MasterCook by PATH (1997). Recipe by: Still Life with Menu / Mollie Katzen (1988)

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