

Savory Cabbage Soup



Makes 12 servings

This low-cal soup is a wonderful warm addition to any winter meal.

9 cups (2,250 ml) vegetable broth or water

2 cups (500 ml) potatoes or butternut squash, cubed

4 carrots, chopped

2 onions, chopped

3 stalks celery, chopped

6 cups (1.5 l) cabbage, shredded

2 bay leaves

3/4 cup fresh dill (or 3 Tbsp (45 ml) dried dill)

2 Tbsp (30 ml) lemon juice

2 tsp (10 ml) salt (or to taste)

1 ½ (375 ml) cups cooked white beans (or Great Northern, navy or other beans)

1 28 oz (795 ml) jar or can stewed tomatoes

1. Bring water, potatoes (or squash), carrots, onions, celery, cabbage and bay leaf to a boil. Simmer about 45 minutes or until tender.

2. Add lemon juice, salt, beans and stewed tomatoes. Stir and simmer for another 15 minutes before serving. Serve with a dollop of vegan sour cream, if desired.