

FRENCH CABBAGE SOUP

Ingredients:

- 2 teaspoons vegetable/peanut /canola oil
- 4 cups shredded green cabbage
- 1 cup sliced onions
- 1/4 teaspoon fresh, minced garlic
- 32 oz. beef broth
- 1 cup sliced carrot
- 2 cups sliced crimini mushrooms
- 1 1/2 cups fresh tomato puree
- 2 teaspoons brown sugar
- 3 whole cloves
- 1 bay leaf
- 12 oz. diced Yukon gold potatoes

Directions:

In medium saucepan, heat oil. Add cabbage, garlic, onions.

Cook stirring frequently until cabbage and onion is just limp (about 6-8 minutes).

Add remaining ingredients.

Cook over medium heat until potatoes not crunchy.

Remove cloves and bay leaf.

Ready to serve!!!

(And -- only approx. 120 calories per serving)