

Creamy Potato-Cabbage Soup

Serves 4
Prep: 10 minutes
Cook time: 30 minutes



Adapted from: realsimple.com



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1/3 cup olive oil
- 6 cups sliced cabbage
- 1 onion, sliced (or 1 Tbs onion powder)
- 8 medium potatoes, peeled and chopped
- 3 carrots, chopped
- 6 cups vegetable broth (or water)
- 1/4 tsp salt, or to taste
- 1 Tbs vinegar (red wine, cider, white)
- 3/4 cup sour cream
- Optional: 1 Tbs chopped fresh dill

DIRECTIONS

1. Heat oil in large pot over medium-high heat. Add cabbage and onion, cooking for 8-10 minutes or until the cabbage begins to wilt.
2. Add potatoes, carrots, broth (or water), and 1/4 tsp salt. Bring to boil.
3. Reduce heat to medium-low and simmer uncovered for 20 minutes, or until the potatoes and carrots are tender.
4. Remove from heat. Stir in vinegar and salt to taste. Stir in sour cream.

MAKE IT A MEAL: Try adding shredded chicken, or add white beans to add protein to this soup.

POTASSIUM: Cabbage and potatoes are great sources of potassium, an important mineral that helps our nerves function properly and keeps our blood pressure in normal range.

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