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Cabbage Soup

- 1 28-oz can Petite Diced or Reg. Diced Tomatoes
- 1 Serving of Dry Onion Soup Mix (see recipe below)
(Option to use 1 pkt of bought onion soup mix)
- 4 cups Water
- 6-7 Bouillon cubes (highly recommend Better than Bouillon instead)
- 1 head Cabbage, shredded
- 1/2 stalk Celery, sliced
- 1 Bell Peppers, diced
- 1 Onions, diced
- 5 cloves Garlic, minced

Heat large dutch oven, instant pot, or stock pot over medium-high heat.

Add tomatoes, soup mix, water & bouillon.

Add cabbage, celery, peppers, onions & garlic.

Heat to boiling. After boiling, reduce heat to medium-low. Allow to a slow boil for 30-90 mins or until desired tenderness of vegetables.

Makes 12-15 srvgs

Freezes very well. You can freeze in 1-2 portion sizes.

Approx. 30 Cals/cup, Fat 0.3g, Carb. 6g, Protein 1.2g

Adapted from T-Roy Cooks. Peel-a-Pound Soup. Jan. 21, 2016. <https://www.youtube.com/watch?v=3DxS-CIJFj8&t=5s>

Dry Onion Soup Mix

- ¼ cup dried onion flakes
- 2 tablespoons Bouillon or 5-6 cubes
- ¼ teaspoon onion powder
- ¼ teaspoon parsley flakes
- ⅛ teaspoon celery seed
- ⅛ teaspoon paprika
- ⅛ teaspoon ground black pepper

Combine ingredients to substitute for a 1-oz pkt of onion soup mix.

Adapted from Faye Watkins. Dry Onion soup Mix. Allrecipes. Updated Oct. 3, 2024. <https://www.allrecipes.com/recipe/217155/dry-onion-soup-mix/>.