



Italian Cabbage Soup

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After doing yardwork on a windy day, we love to come in for a light but hearty soup like this one. It's brimming with cabbage, veggies and white beans. Pass the oven-warmed bread! —Jennifer Stowell, Deep River, Iowa

TOTAL TIME: Prep: 15 min. Cook: 6 hours

YIELD: 8 servings (2 quarts).

Ingredients

4 cups chicken stock

1 can (6 ounces) tomato paste

1 small head cabbage (about 1-1/2 pounds), shredded

4 celery ribs, chopped

2 large carrots, chopped

1 small onion, chopped

1 can (15-1/2 ounces) great northern beans, rinsed and drained

2 garlic cloves, minced

2 fresh thyme sprigs

1 bay leaf

1/2 teaspoon salt

Shredded Parmesan cheese, optional

Directions

1. In a 5- or 6-qt. slow cooker, whisk together stock and tomato paste. Stir in vegetables, beans, garlic and seasonings. Cook, covered, on low until vegetables are tender, 6-8 hours.

2. Remove thyme sprigs and bay leaf. If desired, serve with cheese.

Nutrition Facts

1 cup: 111 calories, 0 fat (0 saturated fat), 0 cholesterol, 537mg sodium, 21g carbohydrate (7g sugars, 6g fiber), 8g protein. **Diabetic exchanges:** 1-1/2 starch.