



Purple Cabbage Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1 tbsp olive oil
1 large onion, diced
2 cloves of garlic, minced
1 cup carrots, peeled and diced
1 cup celery, diced
1 can of diced tomatoes
1 small head of cabbage (purple/red or green), chopped into bite sized pieces
2 tsp dill (or more)
1 tsp oregano
any herb you like
dash of cayenne pepper-optional
salt/pepper
6-8 cups chicken or veggie broth (low sodium works well)

Instructions

Place a large pot over medium heat and add oil. Sauté the onion and carrots for 7 minutes or so until softened and then add the garlic. Next, add the tomatoes, cabbage, herbs/spice and salt/pepper, cook for 5 or so minutes until cabbage wilts slightly. Add the broth and simmer for at least 30 minutes over low heat. If you want to feel fuller longer, you could add some cooked chicken or turkey pieces and/or canned beans (rinsed and drained).