

## Winter Cabbage Soup

Makes 6 servings

Preparation: 20 min. Cook approx. 1 hour

### Ingredients:

- 2 T olive oil
- 1 lb. chicken
- 1 yellow onion, diced
- 1 acorn squash, peeled, seeded, and diced
- 1 sweet potato, peeled and cubed
- 3 medium sized carrots, peeled and sliced
- 6 garlic gloves, minced
- 2 c chicken broth
- 3 c water
- 2-3 tsp Italian seasoning
- 1 can diced tomatoes, no salt added with juice
- 1 can northern beans, drained and rinsed
- 3 c kale, thinly sliced & tough stems removed
- 3 c green cabbage, thinly sliced
- 1 tsp chipotle tabasco sauce (optional)
- ½ c fresh basil leaves, chopped
- Pepper for additional flavor



### Directions:

Preheat the oven to 350 degrees. Bake the chicken for approx. 30 min. till thoroughly cooked. Allow it to cool and shred it into small pieces.

Heat the olive oil in a large soup pot. Sauté the onion, acorn squash, and garlic for 5-7 min. until cooked through. Add sweet potato and carrots and sauté an additional 5 min.

Add chicken broth, water, Italian seasoning and bring to a boil. Reduce heat to a simmer and let cook, covered, for 35 min. or until vegetables begin to soften. Then stir in tomatoes, beans, kale, and cabbage. Simmer uncovered for 10-15 min. At this point, you can add chipotle tabasco sauce and pepper if you choose.

Serve in bowls and top each with 1-2 T of fresh basil. Enjoy!

Nutrients: 306.75 calories, 26g protein, 38.7g carbohydrates, 6.5g fat