

# Cream of Cabbage Soup

## Ingredients:

- 1 medium to large head of cabbage
- 2 large or 3 small onions
- 1 large potato, peeled
- 2 cups skim milk
- 2-3 tablespoons yogurt
- 1/2 teaspoon dill weed
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon cumin
- ground black pepper to taste



## Preparation:

1. Shred the cabbage.
2. Thinly slice the onions and the potato.
3. Place vegetables in a heavy saucepan with a small amount of water.
4. Cover and cook slowly until tender.
5. Add milk, yogurt, dill, caraway, cumin and pepper.
6. Blend in a blender.
7. Return to pan, cook 15 minutes longer.
8. Serve hot. Sprinkle additional dill when soup is served.

Makes approximately six 1 cup servings

Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 5
% Daily Values*	
Total Fat	1g 1%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	75mg 3%
Total Carbohydrate	23g 8%
Dietary Fiber	5g 20%
Sugars	12g
Protein	7g
Vitamin A	8% • Vitamin C 100%
Calcium	20% • Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

