

# Cabbage and Caraway Soup

*Fresh Ways with Soups & Stews*  
*Time-Life Books*

## Servings: 10

*2 tablespoons safflower oil*  
*1 three-pound cabbage, cored,*  
*quartered and thinly sliced*  
*1 1/2 teaspoons caraway seeds*  
*1 teaspoon mustard seeds*  
*1/2 teaspoon salt*  
*1/4 cup red wine vinegar OR white*  
*wine vinegar*  
*4 cups unsalted chicken OR veal*  
*stock*  
*4 cloves garlic, finely chopped*  
*1 can (14 ounces) unsalted tomatoes,*  
*puree'd with their juice*  
*1/4 to 1/2 teaspoon cayenne pepper*  
*2 tablespoons finely cut fresh dill OR*  
*1 tablespoon dried dillweed*

Heat the safflower oil in a large, heavy-bottomed pot over medium heat. Add the cabbage, caraway seeds, mustard seeds and salt. Cover the pot and cook, stirring occasionally, until the cabbage is wilted - about 25 minutes.

Add the vinegar and cook the mixture, stirring, for 1 minute. Pour in the stock and three cups of cold water, then stir in the garlic, the tomato puree' and the cayenne pepper. Reduce the heat and slowly bring the liquid to a simmer. Cook the soup gently for 45 minutes.

Stir in the dill and serve immediately.

Start to Finish Time: 1 hour 45 minutes

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Per Serving (excluding unknown items): 31 Calories; 3g Fat (80.2% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 109mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	31
% Calories from Fat:	80.2%
% Calories from Carbohydrates:	15.2%
% Calories from Protein:	4.6%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0

<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	1g
<b>Dietary Fiber (g):</b>	trace
<b>Protein (g):</b>	trace
<b>Sodium (mg):</b>	109mg
<b>Potassium (mg):</b>	36mg
<b>Calcium (mg):</b>	12mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	3mg
<b>Vitamin A (i.u.):</b>	68IU
<b>Vitamin A (r.e.):</b>	7RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 31      Calories from Fat: 25

### % Daily Values\*

<b>Total Fat</b> 3g	5%
Saturated Fat trace	1%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 109mg	5%
<b>Total Carbohydrates</b> 1g	0%
Dietary Fiber trace	2%
<b>Protein</b> trace	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	6%
<b>Calcium</b>	1%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.