
Cabbage-Tomato Soup

Jan Zimmerman - Dayton's Southdale Home Store

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 cup chopped onion
1/2 cup chopped celery
2 tablespoons vegetable oil
1 large head cabbage, cut into big pieces
6 to 8 cups water
1 cup carrots, sliced
1/2 to one cup raisins
salt (to taste)
1/2 cup honey
1/4 cup sugar
1 can (28 ounce) tomatoes, undrained and cut up
1/4 cup ketchup

In a large saucepan or Dutch oven, saute the onion and celery in oil.

Add the remaining ingredients. Heat to boiling.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1403 Calories; 29g Fat (17.3% calories from fat); 10g Protein; 303g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 899mg Sodium. Exchanges: 7 1/2 Vegetable; 4 Fruit; 5 1/2 Fat; 14 Other Carbohydrates.