

Russian Cabbage Soup

Priscilla Perry

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*3 cups chicken broth
3 cups water
1/2 cup shredded carrots,
peeled
1/2 cup shredded celery
1 potato, peeled and diced
1/2 cup fresh onion,
chopped
2 cups fresh peeled
tomatoes, chopped
2 1/2 teaspoons salt
1 bay leaf
4 peppercorns
3 cups shredded cabbage
1/4 cup fresh lemon juice
1 tablespoon sugar
cup*

In a large kettle, combine the chicken broth, water, carrots, celery, potato, onion, tomatoes, salt, bay leaf and peppercorns.

Simmer, covered, for one hour, stirring occasionally.

Add the cabbage. Simmer for 10 minutes longer.

Stir in the lemon juice and sugar. Heat thoroughly.

Per Serving (excluding unknown items): 59 Calories; 1g Fat (11.9% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1285mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.