

Sausage Cabbage Soup

Rose Ann Horvath

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Servings: 6

*1 medium onion, chopped
1 tablespoon vegetable oil
1 tablespoon butter or margarine
1 rib celery, thinly sliced
2 medium carrots, thinly sliced and halved
1 teaspoon caraway seeds
2 cups water
2 cups cabbage, chopped
1/2 pound fully cooked smoked kielbasa or Polish sausage
1 can (14-1/2 ounce) diced tomatoes, undrained
1 tablespoon brown sugar
1 can (15 ounce) white kidney beans, rinsed and drained
1 tablespoon vinegar
1 teaspoon salt
1/4 teaspoon pepper
fresh parsley, minced*

In a three-quart saucepan, saute' the onions in oil and butter until tender. Add the carrots and celery and saute' for 3 minutes. Add the caraway and cook, stirring, for 1 minute longer.

Cut the sausage in half lengthwise and slice into 1/4-inch pieces.

Add the sausage, water, cabbage, tomatoes and brown sugar to the saucepan. Bring to a boil. Reduce the heat. Cover and simmer for 15 to 20 minutes or until the vegetables are tender.

Add the beans, vinegar, salt and pepper. Simmer, uncovered, for 5 to 10 minutes or until heated through.

Sprinkle with parsley.

Per Serving (excluding unknown items): 189 Calories; 5g Fat (21.8% calories from fat); 9g Protein; 29g Carbohydrate; 7g Dietary Fiber; 5mg Cholesterol; 406mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.