



Turkey Cabbage Soup

A rich and flavorful soup. It makes plenty, so freeze any leftovers to have a quick meal.

8 generous servings

- 1 lb. lean ground turkey
- 1 large onion, peeled and chopped (1 C.)
- 1 46 oz. can tomato juice, low sodium
- 1 1/4 lb. green cabbage, chopped
- 3 large carrots, chopped
- 3 ribs celery, chopped
- 1 bouillon cube or packet, low sodium
- fresh ground pepper, to taste
- 2 Tbsp. brown sugar (optional)
- 2 Tbsp. lemon juice (optional)

- In a large pot, brown the turkey and onion, breaking up the meat into small bits. Drain off any fat and transfer to a large pot.
- Add tomato juice, cabbage, carrots, celery, bouillon cube and pepper. Bring to a boil, reduce the heat, cover pot and simmer for 1 - 1 1/2 hours. If it gets too thick, add water.
- When it has finished cooking, add lemon juice and brown sugar if desired, while soup is still hot. Stir till sugar is melted and lemon juice and sugar are well blended into soup.

Nutritional information:

Calories: 150	Total Fat: 3g
Saturated fat: 1g	Carbohydrates: 17g
Dietary Fiber: 3.6g	Protein: 15g