

David's Cabbage Soup

- 1 Head of Savoy (or Nappa) cabbage (not the usual green cabbage)
- 1 Package (12 oz.) of frozen crinkle cut carrots or equivalent amount fresh
- 1 Package (12 oz.) of frozen black-eye field or crowder peas
- 1 Package (12 oz.) of frozen Lima beans (or other bean)
- 1 Pound of small yellow Dutch potatoes (halved or quartered) **or**
Substitute sliced fresh Zucchini squash or 12 oz. bag of frozen califlower
- 2-3 Quarts of low sodium vegetable or chicken broth
- 1 Tbsp diced garlic
- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- 1/2 Tsp celery seeds
- 2 Tbsp No Salt
- 1/4 Tsp of black pepper (or to taste)
- 1 Tsp summer savory
- 2 Tsp leaf basil
- 1 Tsp Kalonji seeds (or onion powder)
- 1 Tsp coriander powder
- 1/4 Tsp thyme (or to taste)

Place broth and seasonings in a large pot and bring to a simmering boil. Add vegetables beginning with the one with the longest cooking time (see package instructions) and progressively add other vegetables. If you use squash, hold it back until near the end of the cooking time for the slowest cooking ingredient used. Shred the cabbage and rinse. Add cabbage and reduce the heat, cover and steam cabbage for 3 to 5 minutes. Turn off heat, cover and let sit until ready to serve. Per ounce:

Calories	Total Fat	Sat Fat	Net Carbs	Sugar	Protein
11.18	0.02	0	1.53	0.28	0.59