

Cabbage Patch Soup

Preparation time: 20 minutes	Cook time: 45 minutes
Number of Servings: 9	Serving Size: 1 cup
Ingredients: Kidney Beans (1) 15oz can Corn (1) 15oz can Chili Powder 1/2 tsp Garlic & Herb Spice Mix 3/4 tsp Celery, Diced 6oz (3-4 Celery Stalks) Carrots, Diced 4oz (1-2 Large Carrots) Cabbage 8oz (1/2 Head) Tomatoes, Diced (1) 15oz can Vegetable Stock 4 cups Black Pepper 1/2 tsp Onion Flakes 3 tbsp	Kitchen tools needed: Bowl Large Pot Knife Cutting Board Can Opener Strainer
Directions: 1. Drain and rinse beans. 2. Dice the celery and carrots. 3. Optional: Put the diced tomatoes into a food processor for 5-6 pulses. 4. Add all ingredients to the pot on the stove, except for the cabbage. 5. Heat on medium low heat until the vegetables are tender and the flavors are blended (about 45 minutes). 6. Shred or chop the cabbage and add it to the pot approximately 45 minutes before serving. The smaller the cut of cabbage the less time it takes to soften). 7. Serve and Enjoy!	