Creamy Cabbage Carrot and Turnip Soup

Prep: 15 minutes / Cook: 40 minutes

INGREDIENTS

- 1 tablespoon (15ml) olive oil
- 1 large onion, finely chopped
- 4 cloves garlic, minced
- 2 carrots, thinly sliced
- 3¾ cup (175 ml) diced turnip
- 8 cups shredded green cabbage
- 2 1/2 cups (625ml) chicken broth
- 1/3 cup (85ml) no-salt-added tomato paste
- ¾ teaspoon (3ml) ground ginger
- ¼ teaspoon (1ml) each salt and pepper
- 1/3 cup (85ml) reduced-fat sour cream

PREPARATION

1. In a large Dutch oven or flame-proof casserole, heat the oil over moderate heat.
2. Add the onion and garlic, and sauté for 7 minutes or until the onion is soft.
3. Add the carrots, the turnip and sauté for 5 minutes or until the carrots and turnip
4. are crisp-tender.
5. Stir in the cabbage, cover, and cook, stirring occasionally, for 10 minutes or until
6. the cabbage is wilted.
7. Add the broth, 21/2 cups (625 ml) of water, the tomato paste, ginger, salt, and
8. pepper. Bring to a boil, reduce to a simmer, cover, and cook for 15 minutes or
9. until the cabbage is very tender. Stir the sour cream into the soup.
10. Serves 4.

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