



Creamy Cabbage Soup

12 servings (about 1 cup each)

2 14.5-oz. cans low- sodium chicken broth

2 celery ribs, chopped

1 medium head (3 lbs.) cabbage, shredded or chopped

1 medium onion, chopped

$\frac{1}{3}$ cup diced carrots

$\frac{1}{4}$ cup butter

3 Tbsp. all-purpose flour

1 tsp. salt

$\frac{1}{4}$ tsp. pepper

2 (12-oz.) cans evaporated skim milk

1 cup 1% milk

2 cups lean cooked ham, diced

$\frac{1}{2}$ tsp. dried thyme

In large stock pot, combine chicken broth, celery, cabbage, onion and carrots. Bring to a boil, then reduce heat and simmer covered 15 to 20 minutes or until vegetables are tender. Meanwhile, in medium saucepan, melt butter over medium heat. Stir in flour until smooth; cook about 1 minute. In a separate container, mix together evaporated skim milk and milk. Gradually whisk the milk mixture into the flour mixture, stirring constantly to prevent lumps. Cook milk until thickened, plus 1 minute more. Gradually add thickened milk to the cooked cabbage mixture. Add ham and thyme; heat thoroughly.

Per serving: 190 calories, 7 g fat, 14 g protein, 21 g carbohydrate, 3 g fiber, 850 mg sodium