



## **Tomato Cabbage Soup**

When it comes to soup, I like to offer my guests a vegetarian option. I should also add that this soup is totally fat free and so full of nutrients. So, whether you're on a weight-loss program, prefer to make healthier choices or are looking for a vegetarian option, this soup is for you! Also, if you're cooking ahead for another occasion, this soup freezes very well!

### Ingredients:

1 46 oz can of tomato juice  
1 28 oz can crushed tomatoes  
28 oz water  
1/2 head green cabbage, thinly sliced (you can use bagged cabbage if you prefer)  
4 carrots, sliced  
2-3 onions, sliced  
4 stalks celery, sliced  
4 zucchinis, sliced  
1/4 c ketchup

### Directions:

1. Add all of your ingredients to your soup pot. Bring it to a boil and then let it simmer for one hour.

### Optional:

Add a cup of rice, or simply serve with croutons.  
For a richer soup, feel free to puree the soup!

**Serves 10.**