



Cabbage and White Bean Soup

Ingredients:

2 tsp canola oil	2 ¼ cups water
1 cup chopped onion	1 16 ounce can chopped tomatoes
2 garlic cloves	1 19 ounce can white beans (rinsed & drained)
1 cup chopped carrots	1 ½ tbsp lemon juice
½ cup chopped celery	2 tbsp brown sugar
2 cups thinly sliced cabbage	1 tsp caraway seeds (optional)
1 potato, diced	¼ tsp dried thyme
Salt & Pepper to taste	

Instructions:

1. Sauté onion, garlic, carrots and celery in a large saucepan.
2. Add the other ingredients except the salt and pepper, and mix well. Bring to a boil. Reduce heat to medium low. Cover and simmer for 30 – 40 minutes.
3. Add salt and pepper to taste.