

# Sweet & Sour

## Beef-Cabbage Soup



- 1 T canola oil
- 1 lb lean (90% or leaner) ground beef
- 1½ t caraway seeds
- 1 t dried thyme
- 2½ c frozen bell pepper and onion mix, thawed, chopped
- 1 medium Golden Delicious or other sweet-tart cooking apple, unpeeled, diced
- 6 c reduced-sodium beef broth
- 1 15-oz can crushed or diced tomatoes
- 1½ T honey
- 1 T paprika, preferably Hungarian sweet
- 3 c coarsely chopped Savoy or green cabbage
- 1-2 T cider vinegar
- ¼ t salt
- Freshly ground pepper to taste

**1** Heat oil in a Dutch oven over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.

**2** Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

Makes 6 servings, about 1¼ c each. Per serving: 250 calories; 10 g fat (3 g sat, 5 g mono); 54 mg cholesterol; 20 g carbohydrate; 20 g protein; 4 g fiber; 705 mg sodium; 717 mg potassium. Nutrition bonus: Vitamin C (45% daily value), Vitamin A (30% dv), Iron & Potassium (20% dv).



# Soup's On! Fill Up Your Bowl to Satisfy the Soul

When cold weather hits, few things are as comforting as a warm bowl of soup. Pair it with a salad, and you have a quick and easy weeknight meal. Want to ensure your soup is every bit as nutritious as it is delicious? Just follow these tips!

**Pack the pot with veggies.** Vegetables add a wealth of flavor to soups and contain many essential nutrients. Cabbage, for instance, contains Vitamin C and Vitamin K – and may help reduce your risk of heart disease.

**Go lean with protein.** Prevent high fat content in your soup by sticking to lean meats. (Or, skip meat altogether and use beans as your soup's source of lean protein instead.)

**Cut the cream.** Avoid cream-based soups and stick to broth-based instead, which are generally lower in fat and calories.

For more health information, visit [sarh.org](http://sarh.org).

References:

<http://www.livestrong.com/article/254373-what-are-the-benefits-of-eating-soup/>

<http://www.medicalnewstoday.com/articles/284823.php>



**SAN ANTONIO  
REGIONAL HOSPITAL**

999 San Bernardino Road  
Upland, CA 91786

