

SMOKED SAUSAGE, BEAN AND CABBAGE SOUP

From Marge Talken

Serves: 6

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| 1 medium onion, chopped | 1 15 oz. can red kidney beans, drain/rinsed |
| 1 t. minced garlic | 1 t. instant beef bouillon |
| 2 T margarine | 2 cups cabbage, chopped (or slaw mix) |
| 6 c. water | ¼ c. ketchup |
| 2 c. potatoes, cubed | 3 T vinegar |
| 16 oz. fully cooked smoked turkey sausage | |

In dutch oven cook onion in margarine till tender, but not brown. Add water, potatoes, beans, sausage and bouillon. Heat to boiling. Reduce heat; simmer, covered 15". Add cabbage or slaw mix, ketchup and vinegar. Simmer, covered 10" more.

Per serving: 298 calories; 13 g. fat; and 6 g. fiber