



## Cabbage Veggie Cream Soup

 **Gluten Free**  **Dairy Free**

READY IN



**100 min.**

SERVINGS



**8**

CALORIES



**377 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 beets sliced into rounds
- 2 cups butternut squash cubed
- 4 carrots chopped
- 2 quarts chicken broth
- 10.8 ounce cream of mushroom soup canned
- 2 teaspoons dill weed dried
- 2 teaspoons rubbed sage dried
- 1 pound elk breakfast sausage

- 2 teaspoons ginger root fresh minced
- 3 cloves garlic minced
- 0.5 medium head cabbage green chopped
- 2 tablespoons olive oil
- 1 onion chopped
- 1 teaspoon pepper sauce hot to taste tabasco® (such as )
- 4 potatoes diced red
- 0.3 cup red wine vinegar
- 8 servings salt and pepper black to taste
- 2 teaspoons thyme leaves dried

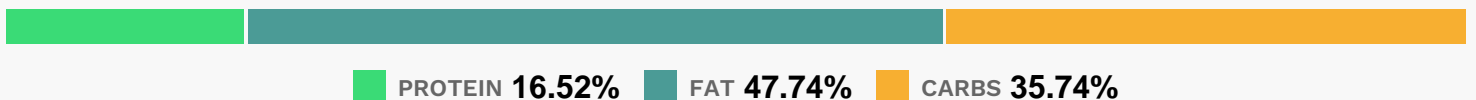
## Equipment

- pot

## Directions

- Heat a large pot over medium-high heat. Cook and stir the sausage in the hot pot until crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease; reserve the browned sausage.
- Pour the olive oil into the pot; stir in the garlic, ginger, onion, butternut squash, beets, red potatoes, carrots, and cabbage. Cook and stir for 10 minutes. Season with hot pepper sauce, dill, sage, thyme, salt, and pepper.
- Add the browned sausage, chicken broth, cream of mushroom soup, and vinegar. Bring to a simmer over high heat. Reduce heat to medium-low, cover, and simmer until all of the vegetables are tender, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:37.48, Glycemic Load:3.1, Inflammation Score:-10, Nutrition Score:24.361304469731%

## Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## **Nutrients (% of daily need)**

Calories: 376.81kcal (18.84%), Fat: 20.35g (31.31%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 28.46g (10.35%), Sugar: 8.42g (9.35%), Cholesterol: 47.46mg (15.82%), Sodium: 1785.31mg (77.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.69%), Vitamin A: 8973.96IU (179.48%), Vitamin C: 43.22mg (52.39%), Vitamin K: 53.52µg (50.97%), Manganese: 0.71mg (35.49%), Potassium: 1141.63mg (32.62%), Vitamin B6: 0.59mg (29.43%), Vitamin B3: 5.72mg (28.59%), Vitamin B1: 0.41mg (27.06%), Fiber: 5.82g (23.27%), Folate: 87.42µg (21.86%), Phosphorus: 215.64mg (21.56%), Vitamin B2: 0.33mg (19.35%), Copper: 0.37mg (18.6%), Magnesium: 67.72mg (16.93%), Zinc: 2.53mg (16.84%), Iron: 2.93mg (16.28%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.52mg (10.15%), Vitamin B12: 0.59µg (9.84%), Calcium: 92.41mg (9.24%), Vitamin D: 0.74µg (4.91%), Selenium: 2.23µg (3.19%)