

Soup, Cabbage

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Cooking time (minutes):

6 Microwave

12 Wok

Yield:	cups	16	12	8	4
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cups

Quarts 2.5 1.5 1 0.5

Tomatoes, diced	can	cups	2	1 1/2	1	1/2
Broth, chicken		cups	4	3	2	1
Cabbage	chopped	cups	4	3	2	1
Pepper, green	chopped	cups	1	3/4	1/2	1/4
Pepper, red	chopped	cups	1	3/4	1/2	1/4
Onion	chopped	cups	1	3/4	1/2	1/4
Carrots, small	cut 1/2s	cups	1	3/4	1/2	1/4
Garlic	chopped	TBSP	4	3	2	1
Parsley	spice	TBSP	4	3	2	1
Celery	spice	teasp	4	3	2	1
Italian Seasoning	spice	teasp	4	3	2	1

6 Add to bowl, Mix, Microwave on high for 6 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add ingredients to wok

12 Cook until heated - about 12 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months