

Super Skinny Sweet and Sour Cabbage Soup

Yield: 11 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/best-polish-sweet-and-sour-cabbage-recipe>

Ingredients:

- 1 pound extra lean ground beef see shopping tip
- 6 cups water
- 4 cups reduced sodium beef stock or beef broth
- 29 ounces diced tomatoes undrained
- 1 head cabbage sliced into 1-inch slices
- 2 cups onion chopped
- 1 cup celery chopped
- 1 cup carrots chopped
- 3/4 cup ketchup
- 1/3 cup brown sugar substitution tip below
- 12 packages Truvia Stevia, Splenda or your favorite sugar substitute, see substitution tip below
- 1/3 cup cider vinegar
- ground pepper Fresh, to taste

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 25 milligrams
4. Fat: 2 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 1 grams
8. Sodium: 250 milligrams
9. Sugar: 12 grams

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