

Kapusta (Polish Cabbage Soup)

Yield: 9 min

Total Time: 125 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-polish-cabbage-soup-recipe>

Ingredients:

- 4 pounds pork ribs meaty, such as country style ribs
- 6 ounces salt pork diced, 4 ounces after removing skin. The fatty type not the meaty type
- 1 1/2 cups onion about one large onion
- 1/4 cup all purpose flour
- 1 pound sauerkraut fresh, with juice, found in the refrigerated section of most supermarkets
- 1 head cabbage shredded, about 1 1/2 – 2 pounds
- 29 ounces stewed tomatoes
- 1 tablespoon caraway seeds
- 1 teaspoon salt
- 4 pounds all purpose potatoes
- rye bread
- butter

Nutrition:

1. Calories: 810 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 185 milligrams
4. Fat: 65 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 23 grams
8. Sodium: 1090 milligrams
9. Sugar: 6 grams

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