

Soups and Stews

## Creamy Cabbage Soup

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**Serves:** 4

**Preparation Time:** 30 minutes

### Ingredients:

- 1 cup dry lentils, rinsed
- 1 head cabbage, cut into pieces
- 3 medium carrots, coarsely chopped
- 1 cup celery, coarsely chopped
- 2 leeks, coarsely chopped
- 2 cloves garlic, minced
- 1 tablespoon Dr. Fuhrman's VegiZest or other no-salt herbal seasoning blend
- 2 cups carrot juice
- 8 cups low sodium or no-salt-added vegetable broth
- 1/2 teaspoon nutmeg
- 1/8 teaspoon cayenne pepper or to taste
- 1 cup raw cashews or 1/2 cup raw cashew butter
- 3 cups baby kale or chopped kale
- 2 cups baby spinach

### Instructions:

Place all ingredients except the cashews, kale and spinach in a pot. Bring to a boil, reduce heat, cover and simmer for 30 minutes or until lentils are soft and vegetables are tender.

In a food processor or high powered blender, blend two-thirds of the soup liquid and vegetables with the cashews until smooth and creamy. Return to the pot. Stir in the kale and spinach and heat just until wilted.

### Per Serving:

CALORIES 291; PROTEIN 13g; CARBOHYDRATES 44g; TOTAL FAT 8.4g; SATURATED FAT 1.5g; SODIUM 250mg; FIBER 13.3g; BETA-CAROTENE 10446ug; VITAMIN C 85mg; CALCIUM 176mg; IRON 5.5mg; FOLATE 220ug; MAGNESIUM 129mg; ZINC 2.7mg; SELENIUM 6.9ug

Dr. Fuhrman

