Creamy Cabbage Soup with Sausage

Author: Adapted from a recipe found in the Orange County Register, 2009.

Carolyn T's Main Cookbook

Servings: 6



1 pound Italian sausage, crumbled (hot or mild)
2 tablespoons olive oil
1 large onion, chopped
1 whole cabbage, coarsely chopped
4 cups chicken broth
3/4 cup milk, cold
2 5/8 ounces McCormick Sausage Flavor Country Gravy Mix, dry mix package
Salt & pepper to taste
3 tablespoons Italian parsley, minced, for garnish

Serving Ideas: The original recipe didn't contain sausage or the parsley.

Blog: Carolyn T's Blog: http://tastingspoons.com

Your Text Here

Per Serving (excluding unknown items): 413 Calories; 32g Fat (72.6% calories from fat); 15g Protein; 12g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 1497mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat.

Notes: This probably could be adapted to prepare in a slow cooker - on low - for several hours. I haven't tried it, though. But, if you cook the heck out of this, the ingredients will no longer contain any individual flavors, so it's best served when it's just quickly cooked. The gravy mix is diluted 100%, so it's more like a thin sauce. Perfect for a thickened soup. You could also add potatoes to this if you'd like a heartier soup.

Description: SO easy you won't believe it. Dinner in about 45 minutes.

1. To a large, heavy Dutch oven, heat olive oil and add chopped onion. While it sautes, crumble up the sausage meat and cut up the cabbage.
2. When the onion is cooked through (10 minutes) add the sausage and continue cooking for about 10 minutes until the meat is cooked through. Add the cabbage and continue cooking for 15 minutes until cabbage is cooked, stirring frequently.
3. In a bowl combine the country gravy mix and milk. Stir with a whisk. Add it to the cabbage mixture, along with the chicken broth. Bring to a simmer and continue cooking until the sauce has thickened. Taste for seasonings (salt and pepper) and serve. Garnish with some Italian parsley, if desired.