WHITE BEAN CABBAGE SOUP WITH CHICKEN SAUSAGE
Makes 4 bowls

Instructions
1. Heat oil in a large pot, add onions and garlic into pot, cook until onions begin to brown. Add sausage into the pot and cook until browned, breaking up large lumps with a wooden spoon.
2. Add the carrots in and cook for 2 minutes.
3. Add remaining ingredients into pot, bring to a boil and reduce to a simmer, cook for 15 minutes or until vegetables are cooked to your desired consistency and serve.

Ingredients
- 1 tablespoon grapeseed oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 lb chicken sausage, removed from casing if there is any
- 3 carrots, peeled and grated
- 1 (15 ounce) can white beans, drained and rinsed
- 1 14.5 oz can of diced tomatoes
- ½ head of cabbage, thinly sliced about 4 cups
- 6 cups vegetable or chicken broth
- 2 teaspoon Italian seasoning