



YOU CAN COOK  
AND YOU DO HAVE THE TIME

**Kev's Kitchen**

## **SAUSAGE & CABBAGE SOUP**

**Time: 45 minutes**

**Serves: 6**

### **Ingredients:**

1 large onion – chopped  
1 small head cabbage – chopped  
1 medium turnip – cubed to ½”  
6 cups chicken stock  
2 teaspoons dried thyme  
¼ teaspoon freshly ground black pepper  
2 bay leaves  
1 teaspoon kosher salt  
1 pound smoked turkey sausage – cubed or sliced

### **Preparation:**

Place a large pot on medium-high heat then add the onion, stirring occasionally for five minutes.

Add all other ingredients with the exception of sausage to the pot and turn heat to high. Reduce temperature to maintain a simmer and cook uncovered, stirring occasionally, for twenty minutes.

While the soup is simmering, preheat a frying pan on medium-high then add the sausage, stirring occasionally until browned.

Remove the sausage from heat and add to the soup for the final two minutes of the soup's cooking time. Remove bay leaves and serve.

### **Nutritional Information Per Serving:**

Calories: 220  
Fat: 14g  
Carbs: 16g  
Fibre: 4g  
Protein: 13g