



# Cabbage Low fat soup

## Ingredients

- 10 stalks celery, chopped
- 5 carrots, chopped
- 3 onions, chopped
- 2 green bell peppers, diced
- 1 large head of cabbage, chopped
- 1 (15 oz) can cut green beans, drained
- 2 quarts tomato juice
- 2 (16 oz) cans whole peeled tomatoes, with liquid
- 1 (14 oz) can beef broth
- Cold water, as needed (to cover vegetables)
- 1 (1 oz) packet dry onion soup mix

## Instructions

### 1. **Prep the pan:**

Preheat your oven to 350°F (175°C). Grease a 9-inch round cake pan and line the bottom with parchment paper.

### 2. **Mix dry ingredients:**

In a medium bowl, whisk together flour, salt, baking soda, and cinnamon.

### 3. **Cream butter & honey:**

In a stand mixer fitted with the paddle attachment, beat the butter and honey until smooth.

### 4. **Add eggs & vanilla:**

Add eggs one at a time, mixing well after each. Scrape down the bowl as needed. Stir in the vanilla. (It may look slightly curdled — that's fine.)

### 5. **Combine batter:**

Add dry ingredients and mix on low speed until just combined. Then mix in the sour cream until smooth.

### 6. **Bake the cake:**

Pour the batter into the prepared pan and level the top. Bake for 30–35 minutes, or until a toothpick inserted in the center comes out with a few moist crumbs.

### 7. **Cool:**

Let the cake cool in the pan on a wire rack for 30 minutes.

### 8. **Make honey syrup:**

In a small saucepan, combine honey and water. Bring to a boil, then simmer for 5 minutes to reduce slightly. Stir in toasted almonds and set aside.

9. **Soak the cake:**

Turn the cake out onto a serving plate. Use a skewer to poke holes all over the cake. Spoon the warm syrup evenly over the top. Let it absorb for 20 minutes before slicing.