

IRISH SOUP

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 1/2 cup

Nutrition (per serving)

Calories: 131	Total Carbohydrate:
Total Fat: 6.8 g	Dietary Fiber: 1.7 g
Saturated Fat: 2.2 g	Total Sugars: 1.6 g
Sodium: 727 mg	Protein: 8.1 g

Ingredients

- 10 slices bacon, cooked
- 1 lb diced potatoes
- 2 cups diced tomatoes
- 3 cups chicken broth
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups sliced cabbage

Directions

1. Steam potatoes 30 minutes.
2. Add tomatoes, potatoes, bacon and chicken broth to a soup pot.
3. Season with salt and pepper.
4. Bring to a boil, reduce heat and simmer 20 minutes.
5. Steam cabbage for 30 minutes and add to pot.
6. Cook to an internal temperature of at least 165 degrees F.