

# ASIAN SAVOY CABBAGE AND SHIITAKE MUSHROOM SOUP

## *Winter Mushroom Soup*

*In this warming soup, hearty vegetable stock is infused with Savoy cabbage and Shiitake mushrooms. Both vegetables are common in Asian cooking and cabbage brings vitamins C and K to each healthy bowl. Savoy cabbage, a member of the cruciferous family, contains glucosinolates that show promising cancer-protective properties.*

Makes 4 Servings.

Per serving: 90 calories, 3.5 g total fat (1 g saturated fat), 12 g carbohydrate, 4 g protein, 4 g dietary fiber, 460 mg sodium.

## INGREDIENTS

1 large egg	1/2 cup thinly sliced shiitake mushrooms
2 tsp. sesame or peanut oil	4 cups low-sodium vegetable stock
1/2 small-medium Savoy, napa or green cabbage, cut lengthwise, cored, sliced in 1/4-inch strips	2 Tbsp. low-sodium soy sauce
2 medium-large carrots, cut in 1/4" slices	Freshly ground black pepper
	2 Tbsp. chopped fresh cilantro, garnish

## DIRECTIONS

In small bowl, lightly beat egg.  
In small skillet, heat oil over low-medium heat.  
Pour in egg and let evenly coat bottom of skillet.  
Cook egg until set.  
Slide egg onto plate.  
Roll up egg and slice into 1/4-inch rounds and set aside.  
In medium saucepan over medium-high heat, add cabbage, carrots, mushrooms, stock, soy sauce and a few grinds of black pepper.  
Cover pot and bring to boil.  
Reduce heat to low and simmer, stirring occasionally, for 8-10 minutes or until vegetables are tender.  
Ladle soup into four warmed soup bowls.  
Place several egg slices on surface of each bowl. Garnish with cilantro and serve warm.

