

IRISH SOUP

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

Serves: 1/2 cup

Nutrition (per serving)

Calories: 131

Total Fat: 6.8 g

Saturated Fat: 2.2 g

Sodium: 727 mg

Total Carbohydrate: 9.1 g

Dietary Fiber: 1.7 g

Total Sugars: 1.6 g

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



OSF
HEALTHCARE

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.