



Leftover Ham Bone Soup With Potatoes and Cabbage

Makes 6 servings

Ingredients

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| Cooking spray | 4 cups less-sodium chicken broth |
| ½ cup onion, chopped | 10 ounces Yukon gold potatoes, peeled and diced small |
| 2 cloves garlic, minced | 1 leftover ham bone |
| ½ cup celery, chopped | 5 ounces chopped leftover ham |
| 2 medium carrots, peeled and sliced | 1 small head cabbage, cored and chopped |

Instructions

1. Spray your pan with oil. Sauté the onions, celery and garlic for 4 to 5 minutes.
2. Add the chicken broth, carrots, 1 ½ cups water, potatoes, ham bone and ham.
3. Cook covered over low heat for 1 hour, adding the cabbage during the last 10 to 15 minutes. Cook until the cabbage and vegetables are tender.

Nutrition Facts

Serving size: 1 ½ cups; calories per serving: 124; total fat: 2.5g; saturated fat: 1g; cholesterol: 22mg; sodium: 437mg; carbohydrates: 15.0g; fiber: 3.5g; protein: 10.5g; sugars: 4.5g

Source: www.skinnytaste.com

