

Here is a hearty soup that only takes a few minutes to put together before you head out of the house for your busy day.

Polish Cabbage Soup

1 lb (450 g) kielbasa or other cooked, smoked sausage,
cut into 1/2-inch (1 cm) slices

4 cups (1 L) chicken stock

2-3 medium potatoes, peeled and cubed

1 small head of cabbage, cored and shredded

1 large onion, chopped

2 tsp (10 ml) caraway seeds

Salt and freshly ground pepper to taste

Combine all ingredients in a slow cooker or large pot. Cook tightly covered on high heat or simmer over a very low flame for 5 to 6 hours. Serves 4 to 6.

Bon appetit from the Chef at World Wide Recipes