

**Creamy Potato Cabbage Soup with Fresh dill**  
**Serves 6 to 8**

**Ingredients:**

1 large yellow onion, diced

1 large Russet Potato, diced

4 cups chopped cabbage

sea salt to taste

7 cups water

1 **Wellness Forum Health Large Potato Soup**

1/2 cup chopped fresh dill

**Instructions:**

- Saute the onion in a large saucepan over medium heat for 7 minutes. Add water 1 to 2 tablespoons at a time, as needed, to keep the onions from sticking to the pan.
- Add the potato, cabbage and water, and cook for 20 minutes until the vegetables are tender.
- Add the **Potato Soup** mix and the chopped dill and cook 5 minutes more.