**OATMEAL CABBAGE SOUP**

**Makes 4 servings**

**Ingredients:**

* 2/3 cup cooked Gluten-Free Prairie Oatmeal or Groats (see cooking directions on package)
* 1 tablespoon grape seed or olive oil
* 1 cup chopped onion
* 3/4 cup chopped celery
* 1 teaspoon minced garlic
* 4 cups chicken or vegetable stock
* 1 cup water
* 2 cups roughly diced sweet potato
* 2 cups chopped caggabe
* 2 bay leaves
* 1 tablespoon fresh thyme plus 1 teaspoon dried thyme
* 1 cup roughly diced roasted chicken (optional)
* Salt and freshly ground black pepper to taste

## Directions:

1. Heat a large saucepan on medium-low heat.
2. Add the oil, onion, celery and garlic. Cook, covered, for about 7 minutes or until the vegetables are starting to soften, adding a tablespoon or two of water if needed.
3. Pour in the stock, water, sweet potato, oat groats, cabbage, bay leaves, and thyme. Bring to a simmer and cook, covered, for 17 minutes or until sweet potato and groats are tender.
4. Add the chicken and simmer until hot, 3 to 5 minutes.
5. Add pepper and salt (if using) to taste.
6. Serve