

Cabbage Soup

INGREDIENTS

2 tablespoons olive oil

2 cups onion, chopped

2 cups carrots, chopped

2 cups celery, minced

1/2 teaspoon chili powder

Kosher salt

Freshly ground black pepper

1 (15-oz) can cannellini beans, drained and rinsed

4 cloves garlic, minced

1 teaspoon dried thyme

1/2 large head cabbage, chopped

2 ripe tomatoes, chopped

6 cups vegetable or chicken stock (vegetable stock will make this vegan!)

Pinch red pepper flakes

1/4 teaspoon smoked paprika

1/4 cup fresh parsley, chopped

1/4 cup fresh dill, chopped

PROCEDURE

- 1. In a large pot or Dutch oven, heat olive oil over medium heat.
- 2. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes.
- 3. Stir in beans, garlic, and thyme, and cook until garlic is fragrant, about 30 seconds.
- 4. Add stock and bring to a simmer.
- 5. Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
- 6. Remove from heat and stir in red pepper flakes, paprika, parsley, and dill. Season to taste with salt and pepper. Garnish with more parsley, if using.