

CABBAGE SOUP (SERVES 8)

INGREDIENTS:

2 medium onions (preferably yellow)

1 medium head cabbage (preferably Savoy or Napa cabbage, but regular green cabbage will work, too)

Optional: 3 large Yukon gold or other potatoes

2 tablespoons butter or extra virgin olive oil

12 cups chicken or vegetable broth (preferably low-sodium)

Optional: Bay leaf

Salt and pepper

TIPS:

- Freezes well. To freeze, cool the soup, transfer to plastic containers, freeze.
- Makes 8 bowls of soup. Serves as an entrée, along with some crusty bread.
- Feel free to add other vegetables to this soup, like carrots or celery. Add them along with either the onions or the potatoes.
- Soup can be made with without the potatoes. If you decide not to use potatoes, either add some extra cabbage or take away about 2 cups of liquid.
- Adapted from epicurious.com

DIRECTIONS:

1. Wash the onions. Cut the onions in half lengthwise (through the root) and peel them. Cut the onions into thin slices (1/8- to 1/4-inch thick; thin, but not paper thin).
2. Wash and peel the potatoes. Cut the potatoes into small cubes: cut potatoes into 1/2-inch-thick slices, cut slices into 1/2-inch-thick sticks, and cut sticks into 1/2-inch cubes.
3. Wash the cabbage. Cut the cabbage into 4 wedges and cut out the core. Cut cabbage into bite-sized chunks (1/2- to 3/4-inch pieces)
4. Heat a soup pot or large saucepan over medium-high heat for a couple minutes. Add butter and allow to melt, or add oil. Add onions and cook, stirring regularly, until they begin to soften, about 2 or 3 minutes. Add potato pieces, stir to combine, and cook for another 2 minutes, stirring occasionally. Add broth and bay leaf (if using) and bring to a boil. Lower to a simmer and cook until potatoes are almost tender, about 8 minutes. Add cabbage and stir. Cook for another 5 minutes, or until cabbage and potatoes are tender.
5. If desired, soup can carefully be pureed in a blender or with a hand blender. Or, soup can be served as it is.
6. Season to taste with salt and pepper and serve.