

Cabbage Bean Soup

Ingredients:

1/2 Large Yellow Onion, Sliced thinly
1/2 Lb Russet Potato, 1/4 inch cubes
4 Large Garlic Cloves, minced
4 cups Vegetable Stock
1 1/2 cups Water (divided 1 and 1/2)
1, 15 oz. can Cannellini Beans
1/2 head of Cabbage, cored and chunked
Juice of 1/2 of a lemon



Spices:

1 tsp Turmeric
Salt and Pepper to taste (pepper will also activate the turmeric)

You'll Need:

Large Stock Pot and Cover
Food Storage Container(s)
Long Handled Stirring Spoon
Cutting Board or Mat
Knife

Cook Time: Approximately 45 minutes

Makes: 4-6 Servings

Instructions:

1. Chop all your vegetables, open your cans and packages, measure out your spices and get them ready to go.
2. Heat your pot over medium-high heat and add a splash of water.
3. Once the pan is hot, add your potatoes with some salt and cover them. You'll want to add a little more water as you go along to help them cook. Check and stir occasionally.
4. Once the potatoes begin to get tender (about 5 minutes), add in the onion, garlic, turmeric, pepper, and salt.
5. Add the stock, 1 cup of water, and beans (with their liquid, be sure to get all the flavor in the bottom of the can too!). Bring to a simmer.
6. Stir in the cabbage and simmer for a few minutes.
7. Taste and adjust for seasoning.
8. Cook until cabbage is slightly softened (longer if you like your cabbage softer)
9. Once the cabbage is cooked to your liking, remove from the heat, add the juice of 1/2 of a lemon, stir to combine, and recover.
10. Allow to rest and then enjoy!

*Notes:

This is fantastic with a rustic, crusty bread!