

VEGETABLE CABBAGE SOUP

Jay
Halford

This hearty soup is infinitely adaptable. Don't love white beans? Add chickpeas instead! Not into celery? Leeks will fit in too. Use my recipe as a basis to learn more, try new things and create your own culinary wonders. Also, these kinds of recipes are great for fridge-clearing of any food that needs using up. I hate waste and I love using recipes like this as a way to create a zero-waste kitchen.



Makes 6 servings



Total Time: 40min



Prep: 10min

Ingredients

- 2 tablespoons. extra-virgin olive oil
- 1 large red onion, chopped
- 2 medium carrots, chopped
- 2 sticks of celery, diced
- 1/2 a teaspoon of **chilli powder**
- Pinch of **refined Pink Himalayan salt**
- **Ground black pepper**
- 1,400g can of **white beans**, drained and rinsed
- 2 cloves garlic, minced
- 5g fresh thyme leaves
- 1litre homemade vegetable broth
- 500ml water
- 1/2 large head cabbage, chopped
- 1,400g can chopped fire-roasted tomatoes
- 20g freshly chopped parsley, plus more for garnish

Method

- In a large saucepan over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.
- Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
- Remove from heat and stir in the parsley. Season to taste with salt and pepper. Garnish with more parsley and enjoy.

Equipment needed:

Chopping board, knife, large saucepan, wooden spoon