

RECIPE

Cabbage-Veggie Soup



Ingredients

- Olive oil (+ some for drizzling on top)
- 1 onion, peeled & chopped
- 1 large carrot, peeled and diced
- 3 ribs celery, diced (+ inner leaves, whole)
- 2 garlic cloves, microplanes
- Veggies, frozen - I used 1/2 small bag of Trader Joe's veggies that had snow peas, carrots, beans and assorted other items - anything that sounds good, toss it in (or use all fresh or all frozen) this recipe is very forgiving!
- 1 small cabbage, sliced thin, core removed
- 1-28oz can petite diced tomatoes (or whole tomatoes, squeezed)
- Water (I use the empty tomato can)
- Italian herb blend, to taste
- S & P

Preparation

1. In a large soup pot over medium heat add olive oil until hot then add onion, celery, carrot and sauté until soften, then add garlic, stir - 30 seconds.
2. Now add your veggies, frozen veggies and stir them around until they become a bit "unthawed". At this point you can use an all frozen veggie blend if you like.
3. Add sliced cabbage and stir until softens a little, a few minutes - then add the can of tomatoes, water, spices.
4. Bring soup to a boil and then turn down to simmer (tiny bubbles) - keep an eye on it, you can add more water (or V8 if you like) if it needs it. I cover the pan most of the time to keep it from evaporating too much, at least partially cover. Mark Bittman has a recipe and he suggests drizzling with olive oil once served - I never remember to do that but a sprinkle of parmesan is always good!
5. Nice served with a salad or a Luv-Em rolls from Nino Salvaggio's if you're fortunate enough to live near this fabulous store! Sourdough would be good too!

Tips

Clean out your fridge and use whatever veggies you like. This is more of a guide than a recipe. If it needs more liquid, add water, tomato juice, V8 or whatever you desire!