

Simple Cabbage Soup

Swick

Serves 1 | Active Time: 1 hour | Total Time: 1 hour

Step 1: Preparing Your Mise en Place

- 1/2 onion
- 1 to 2 garlic cloves
- 1 large carrot
- 6 cups cabbage
- 1 cup canned whole tomatoes (seeded)
- 1/4 tsp chilli flakes (or to taste)
- 7 cups vegetable stock

To prepare your mise en place, slice the onion into small dice and mince the garlic. Peel the carrot and cut into medium-dice. Remove the core from the cabbage and cut into chunks about 3/4" -inch x 1 1/2 "-inch. Remove the seeds from the whole tomatoes and roughly chop. Gather the chili flakes and set everything aside.

Place the stock into a large pot and warm to heat through. While the stock is warming, begin cooking the soup.

Step 2: Starting the Soup

- 1 tbsp extra-virgin olive oil
- 2 tsp sea salt, (to taste)
- 1/4 tsp freshly ground black pepper

To make the soup, heat a large, heavy-bottomed pot over medium heat. Once hot, add the oil, onions, carrots and a pinch of salt. Let the onions and carrot sweat until they soften but do not brown. You may need to lower the heat. Add the chili flakes and garlic and cook for about 1 minute, making sure the garlic doesn't brown.

Add the cabbage and a pinch of salt and let sweat for approximately 10 minutes, stirring from time to time until softened. Once done, add the stock, tomatoes, salt and pepper and bring to a simmer.

Step 3: Adding the Bouquet Garni

- 5 sprigs fresh thyme
- 1 bay leaf
- 1 tbsp apple cider vinegar
- 1 tbsp Dijon mustard

As the soup comes to a simmer, gather the herbs and seasonings. Add them to the soup and let simmer for about 15 minutes or so to infuse.

Step 4: Finishing the Soup

- 2 tbsp Italian parsley
- extra-virgin olive oil (optional)

To finish the soup, check the carrots and simmer for another 10 minutes or so until cooked through and tender.

Roughly chop the parsley. Taste the soup for seasoning, adding more salt, pepper or apple cider vinegar as desired.

Ladle into bowls and serve.