



Cabbage and White Bean Soup

Servings **6**

Prep **5 min**

Cook **25 min**

Ingredients

- 1 small** Green Cabbage (shredded)
- 1 15oz can** White Cannellini Beans
- 1 15oz can** Diced Fire Roasted Tomatoes
- 1 small** Leak or Yellow Onion
- 1** Carrot (shredded)
- 1 Tbsp.** Caraway Seeds
- 2 Tbsp.** Bay Leaf
- 10 sprigs or 1.5 tsp. dried** Thyme
- 5 sprigs** Fresh Dill
- ¼ cup** Fresh Dill (roughly chopped for garnish)
- ½ cup** Italian Parsley (chopped)
- 2 Tbsp.** Fresh Chives (snipped)
- 10 cups (or more if needed)** Veggie Stock
- 1 pinch or to taste** Salt

Directions

- 1** Heat up a large soup pot over medium low flame. Add the diced onion or leeks with a pinch of sea salt and a splash of water (or a drizzle of olive oil). You can totally go oil-free here and not miss a thing, I promise.
- 2** Stir in the carrot, a pinch of red pepper flakes and caraway seeds and cook everything together for about 5 minutes until the onion / leeks have softened.
- 3** Add the shredded cabbage, bay leaf, peppercorns, dill sprigs and fresh thyme. Give it a stir and cook together another 5 minutes or so until the cabbage has softened.
- 4** Pour in the tomatoes and water or vegetable stock and bring to a good simmer. Cook the soup for another 15 minutes. Taste and adjust seasonings with more sea salt and the apple cider vinegar.
- 5** Meanwhile, rinse and drain the cannellini beans and add them to the cabbage soup. Cook a few more minutes until just warmed through.
- 6** Serve hot, garnished with the fresh parsley, dill and chives.

Optional: add cooked quinoa or brown rice for a more filling stew at this point if desired.

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