



# Robin's Cabbage Soup

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Categories: Main Dish - Soup, Source: Yield: 6 qts  
The Captain's Shack

Description: A super cabbage soup. A hearty soup. We like it best without the tomatoes.

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

## Ingredients

2 T Olive Oil  
1 med Yellow Onion, diced  
3 med Carrots, diced  
3 stalk Celery, diced  
32 ozs Vegetable Broth  
1 med Jalapeno Pepper, de-veined and all seeds removed, diced  
3 lg cloves grated Garlic, adjust to taste  
2 T grated fresh Ginger, adjust to taste  
14 1/2 ozs Diced Fire Roasted Tomatoes (optional)  
2 T Turmeric, optional, adjust to taste  
1/2 t fresh ground Black Pepper, if using turmeric  
1/2 med head Green Cabbage, cut into 1" pieces  
1 inch Cilantro, chopped  
2 med Leek, chopped white only (optional)  
2 med Fennel, chopped (optional)  
1 lb White Mushroom, quartered (optional)

## Directions

- 1) Heat the oil in a 12 qt stock pot. Add the diced onion, carrot and celery. Cook the mirepoix until translucent. If using, add mushroom, leek and fennel. Add the vegetable broth and stir. Add the jalapeno, garlic, turmeric and ginger. Stir. Add the tomatoes with their liquid, if using. Stir.
- 2) If using, add the turmeric and black pepper - turmeric needs black pepper to activate it. Stir to combine. Add the cabbage and cilantro. Simmer until the cabbage wilts. If the liquid looks low, add up to 2 cups of water, but no more.
- 3) Simmer for 30 minutes. Taste and adjust. We did not add salt - the tomatoes and the broth have salt in them. However, if you want more salt, add sparingly and taste.