

# KAPUSTA SOUP (AKA: CABBAGE SOUP)

## INGREDIENTS

1 large yellow onion, diced  
3 medium carrots, diced  
2 ribs celery, diced  
4 cloves garlic, minced  
1 tbsp tomato paste  
1 tsp dried thyme  
1 tsp smoked paprika  
½ tsp red pepper flakes  
1 bay leaf  
4 cups veggies broth, low sodium  
2 cups of water  
1 head medium green cabbage, cored and chopped (about 6 cups)  
3 medium gold potatoes, peeled and diced (1 lb.)  
1 can fire-roasted diced tomatoes with juice  
1 (15-ounce) can cannellini beans, rinsed & drained (about 1.5 cups)  
1 tsp sea salt, more to taste  
Fresh ground pepper, to taste  
Fresh parsley

## DIRECTIONS

1. Sauté onions in small amount of broth until translucent.
2. Add carrots, celery, and garlic and sauté another couple of minutes.
3. Add the rest of the ingredients except the beans and parsley and cook until the cabbage is tender.
3. Add the beans in the last 5 minutes to warm, and serve with a sprinkle of fresh parsley.

