

Tuscan White Bean and Cabbage Soup

This Italian-style soup uses Cannellini Beans (you also can use Great Northern beans) with onion, garlic, fennel, cabbage and sweet peppers in a tomato base with basil and oregano.

Get ready for comfort-food to warm you on cold a winter night. If you like, pick up some artisan bread or rolls to go with tonight's meal.

The recipe makes a big pot of soup. It's a good meal to share with family or friends.

Preparation time: **2 hours** (includes 1 hour to rest) - **Servings 4**

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls. This soup assembly is much easier when everything is prepped and laid out. Brown tempeh strips 5 minutes per side in a 400° oven as part of the prep.

White Bean and Cabbage Soup

1 cube Not Chick'n Bouillon dissolved in
2 C. boiling water
1 tsp. olive oil
3 cloves garlic (smashed and chopped)
1 Cup fennel (chopped)
2 Cups yellow onion (chopped)

4 Cups red or green cabbage (finely chopped)
2/3 Cup red bell pepper (chopped)
1 C. low-sodium vegetable broth

1 C. grated carrot
3 strips browned smoky tempeh (chopped)
2 C. Not Chick'n bouillon (from above)
3 C. low-sodium vegetable broth
two 15 oz. cans no-salt diced tomatoes
1 C. red wine
1 T. dry basil leaves
1 T. dry oregano leaves
1 bay leaf
5 dashes Tabasco sauce

5 T. fresh parsley (chopped fine)
two 15 oz. cans Great Northern or Cannellini beans (drained and rinsed)

Salads/Il Semplico Dressing

Green Side Salads:

6 washed lettuce leaves (broken into pieces)
1/2 C. cucumber (chopped)
10 cherry tomatoes (halved)
2 T. broken pecan pieces (toasted)

Il Semplico Dressing:

3 T. extra-virgin olive oil
1/2 tsp. Dijon mustard
2 T. balsamic vinegar
1/4 C. low-sodium vegetable broth

Additional Items/Garnish

1 loaf of artisan bread of choice
2 T. shredded Parmesan per diner

*Start by
Dissolving 1 Not Chicken Bouillon
cube in 2 C. water*

Let's Prepare, Cook, and Plate This!

Basic Assembly Information

This soup assembles and cooks in 1 hour. You can eat it immediately, however the flavors will mature if the soup is allowed to rest for an hour. Resting any soup will just make it better! Warm the bread 10 minutes before you wish to dine.

White Bean and Cabbage Soup

1. Using a large soup kettle, sauté garlic, fennel and onion in oil until onion turns translucent.
2. Add cabbage and peppers and sauté another 5 minutes.
3. Measure in low-sodium vegetable broth. Bring to a boil and cook 15 minutes.
4. Add grated carrots and chopped tempeh, Not Chick'n broth, low-sodium vegetable broth, canned tomatoes and wine. Bring to a boil and cook 20 minutes.
5. Add spices and Tabasco to vegetables. Return to a boil. Reduce heat to low and cook 10 minutes. (Set a timer.)
6. When timer sounds, add chopped parsley and rinsed beans. Return to a boil and turn off heat. Let rest until ready to dine.

Salads/Il Semplico Dressing

Prepare salads on individual plates:

1. Divide lettuce leaves between two salad plates.
2. Divide chopped cucumber and halved cherry tomatoes between plates.
3. Sprinkle each plate with broken pecan pieces or other toasted nuts.

Make Dressing:

Place all dressing ingredients in a small jar with a tight fitting lid and shake well.

Additional Items/Garnish/Serve

Wrap bread in foil and place in 250° degree oven for 10 minutes. Slice warm bread and place in a covered bread basket.

Ladle 2 C. soup into individual bowls and top with 1 T. Parmesan per serving.

Serve with salad on the side. Una cena fabulosa!

What I've Learned from this Recipe

Once you've added the dry herbs to a recipe, you only need to cook it 10 to 15 minutes. Any more than that will weaken the flavor of the herbs.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com