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NURTURING NATURE

Chunky Cabbage and Butterbean Soup

A PLANT POWERED RECIPE

The craving for soup gets stronger as the cooler weather starts to settle in. So, here is a hearty vegetarian recipe that will warm up the soul!

By using inexpensive pantry staples, it is a great meal option when fresh produce is running low and when you need a filling meal that won't break the bank. Also it's a great recipe for meal prepping and cooking ahead of time as it makes a massive pot of soup. I prefer to keep it chunky as opposed to blending it up as I enjoy the textures from the soft cabbage and the flavour bursts of the butter beans.

Top Tip: This soup tastes even better the following day as it allows for the flavours to become even more enhanced.

HOW TO MAKE:

1. Take a large pot and place it over medium heat. Add the diced onion and cook for 4 – 5 minutes, or until they become soft and begin to caramelize. No oil is needed as you can use splashes of water to prevent the onions from sticking to the pot.
2. Add the garlic and smoked paprika, stirring for 1 minute or until fragrant.
3. Add the stock and water. Cover the pot and raise the heat to bring it to a boil. Once boiling, add the shredded cabbage, diced potatoes and sliced carrots and celery (if using).
4. Reduce the heat to a simmer and partially cover the pot. Simmer for at least 30 minutes to make sure the potatoes and vegetables are soft and tender. The longer you cook it, the more aromatic the soup becomes. I would suggest to cook it on a low heat for at least an hour.
5. Add the butter beans and herbs. Season with salt and black pepper. Give it another 10 minutes to allow the beans to heat through.
6. Serve warm with nutritional yeast or grated cheese and a slice of seeded bread.

INGREDIENTS:

- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 tsp (10 mL) smoked paprika
- 4 cups (1 liter) low sodium vegetable stock
- 1 cup (250 mL) water
- ½ medium white cabbage, shredded
- 1 medium sweet potato (200 g), diced
- 1 x 400g tin butter beans, rinsed and drained
- 2 Tbsp (30 mL) finely chopped fresh or dried herbs (such as dill, oregano or thyme)
- Salt and black pepper to season
- Nutritional yeast or grated cheese for serving
- *Optional vegetables to add: 1 large carrots and 1 celery stalk, sliced