

Cabbage



Cabbage is a member of the *Brassica* family, also known as cruciferous vegetables. It is high in vitamins C and K along with dietary fiber. The powerful nutrient and antioxidant quality of cabbage helps to prevent against certain cancers, heart disease, Alzheimer's, skin disorders, eye disorders, arthritis, muscle aches, and constipation.

Creamy Potato & Cabbage Soup serves 10-12

Ingredients

- 1 head cabbage
- 3 white potatoes, peeled
- 2 large carrots, peeled
- 3 celery stalks
- 2 tablespoons butter
- 6 cups water
- 2 cups vegetable stock
- 1 tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon fennel or caraway seeds, optional
- 4 garlic cloves
- $\frac{3}{4}$ cup half & half

Directions

1. Chop vegetables into roughly 1 inch pieces, and place in large soup pot. Rough chop the garlic and add to pot. Cover with the water and vegetable broth, and add the seasonings. Bring to a low boil and simmer for 45 minutes.
2. Remove from heat and ladle vegetables and broth into a blender, working in batches. Blend until smooth and transfer to a large bowl or another large pot.
3. Stir in the half & half. Serve warm, and top as desired. Great with sour cream, bacon, cheese, green onions, and croutons.