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
- ¾ 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.