



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Cabbage**

Mexican Cabbage Soup (Caldo)

Ingredients:

1 head green cabbage, cut into quarters
1 large onion, cut into large segments
4 garlic cloves, roughly chopped
1 cup whole kernel corn or corn on the cob cut into 2-inch segments
1 Tbs ground cumin
1 Tbs dried oregano
1 zucchini, cut into bite size pieces
6 cups chicken or vegetable stock
salt and pepper to taste
1 Tbs chopped cilantro
1 green bell pepper, cut into bite size pieces
3 Roma tomatoes, cut into bite size pieces
2 large carrots, peeled and cut into bite size pieces
1 potato cut into bite size pieces
2 stalks celery, cut into bite size pieces
1 tsp salt plus more to taste
Lime wedges

Directions:

In a large 4-quart pot, bring 2 cups water to a low boil. Add chopped onion, green bell pepper, potato, carrots, garlic, and Roma tomatoes. Bring heat down to a low simmer and let cook for about 15 minutes. Add a teaspoon of salt. Your green pepper should be tender and a dull olive-green color. Add the chicken stock and all the remaining ingredients except for cilantro and lime wedges. Add more salt if you prefer. Simmer for another 30 minutes. Sprinkle in cilantro and serve with a lime wedge.

*This is the vegetable version of Caldo De Res (beef vegetable soup) or Caldo de Pollo (Chicken vegetable soup). If you'd like to add beef or chicken, before any of the steps in this recipe, boil the meat in water until tender. Please note, that beef will take much longer to cook than chicken to get it to the tenderness needed for this soup, typically an additional two hours. For a more authentic version of beef soup, you would use oxtail beef. Whatever you choose bone in is usually best. I use chunks of chuck roast when oxtail isn't readily available. Once your beef or chicken is cooked through and tender, continue with the steps in this recipe.