



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
2 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
salt and pepper to taste
lime wedges

Directions:

In a large 4-quart pot, bring 1-quart water to a low boil. Add chopped onion, green bell pepper, potato, carrots, and Roma tomatoes. Bring heat down to a low simmer and let cook for about 15 minutes. Add a teaspoon of salt. Add the vegetable stock and all the remaining ingredients except for cilantro and lime wedges. Add more salt if needed. Simmer for another 20 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.