

## **Cabbage Vegetable Soup**

### **Ingredients**

- 10 cups vegetable or chicken broth
- 4 garlic cloves
- 3 Roma tomatoes, cut into bite size pieces
- 2 large carrots, peeled and cut into bite size pieces
- 2 ribs of celery, roughly chopped
- 1 head of green cabbage, quartered
- 1 large onion, cut into large segments
- 1 bell pepper, cut into bite size pieces
- 1 potato, cut into bite size pieces
- 10-12 sprigs cilantro, roughly chopped
- Salt to taste
- Lime wedges

### **Directions**

Place the broth, tomatoes, potato, carrots, and onion in a pot over medium high heat. Bring to a boil then turn the heat down slightly, bringing the soup down to a simmer. Simmer for 15 minutes. Sprinkle in a little salt and add the garlic, celery, and bell pepper. Simmer for another 15-20 minutes, until all the vegetables are tender. Remove from heat. Stir in the cilantro. Serve in individual bowls with lime wedges.

## **German Braised Red Cabbage**

### **Ingredients**

- 4 cups (1 head) red cabbage, finely shredded
- 2 cups sweetened applesauce
- 1 cup onions, thinly sliced
- 1/3 cup brown sugar
- ¼ cup butter
- ¼ cup red wine vinegar
- ¼ cup water
- ¼ tsp caraway seeds

### **Directions**

Melt the butter in a 2quart sized pot. Stir in the onions and sauté over medium high heat until translucent. Stir in the applesauce, caraway seeds, and brown sugar. Bring to a simmer. Stir in the shredded cabbage, vinegar, and water. Allow to simmer for about 20 minutes. Don't be tempted to add

more water. If the mixture seems to be drying out, lower the heat. The cabbage will break down and release more liquid as it cooks. When it gets to this point, allow it to continue cooking for another few minutes, to allow any excess water to evaporate. Remove from heat and serve as a side dish to pork or poultry.

## **Sauerkraut**

### **Ingredient**

- 1 head green cabbage (about 4 cups)
- 1 Tbs caraway seeds
- 1 Tbs kosher salt

### **Directions**

Remove the outer leaves of the cabbage and rinse them well. Set aside. With a sharp knife, roughly chop the cabbage and discard to core. Place the cabbage in a food processor with the grater attached. Process until the cabbage is finely shredded. You may have to do this in batches. Transfer the shredded cabbage to a mixing bowl. Stir in the caraway and salt. Let sit for about 20 minutes. Gently squeeze the cabbage to work in the salt. The salt will break down the cabbage releasing liquid as you work it in with your hands. This shouldn't take more than 10 minutes if the cabbage is finely shredded.

Transfer the cabbage into a large jar, packing it in as much as possible until the jar is about two thirds full. Pour in the liquid from the bowl. Take the outer leaves you set aside and fold them multiple times. Fit them into the jar over the cabbage to assure the cabbage stays submerged in the liquid. If it is exposed to air, it will mold. If you're having trouble with this step, placing some type of weight (no metal) in over the cabbage may help. Lightly seal the jar with a non-metal lid and let sit in a cool dark area for two-four weeks depending on your taste. Be sure to open the jar everyday to release the pressure. Then lightly seal it again. You can place the jar in a shallow bowl to catch any overflow during the fermenting process.

Once the cabbage is to your liking, tighten the lid and place it in the refrigerator.

\*If the cabbage doesn't produce enough liquid to keep it submerged, dissolve a teaspoon of kosher salt in a half cup of water and fill the jar until the cabbage is submerged in liquid, but remember to only fill the jar two thirds full to prevent overflow during the fermentation process.