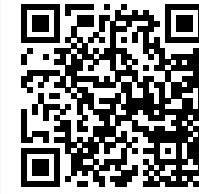


Lemon Cabbage soup



Scan Code To Watch
Video!



Recipe by: Laura Vitale

Serves 6

Prep Time: 15 minutes

Cook Time: 1 hours 0 minutes

Ingredients

- 2 Tbsp of Extra Virgin Olive Oil
- 1 Yellow Onion, diced
- 3 Stalks of Celery, diced
- 1 Large Head of Cabbage, trimmed, chopped and washed
- 1 14.5oz can of Cannellini Beans, drained and rinsed
- Fresh Thyme
- 10 cups of Chicken or Veggie Stock
- 1/2 cup of Orzo
- Juice of 1 Lemon, about 4 tbsp or as much or as little as you like
- Salt and Pepper to taste
- Fresh chopped Parsley

1) In a dutch oven or soup pot, add the oil and onion, sautee a few minutes or until they soften and develop a little color, add the cabbage and celery, season with a good pinch of salt, partially cover and allow it to cook down slightly for about 10 minutes.

2) Add the stock, thyme and beans, bring to a boil and simmer for about 40 minutes or until the cabbage is nice and tender.

3) Add the orzo, cook according to package instructions, once ready, remove from the heat, adjust seasoning to taste and finish off with the parsley and lemon juice.

