

White Bean and Red Cabbage Soup

Adapted from Gourmet, May 2004

- 1 cup dried white beans
- 1 lb smoked ham hocks (up to 2.5 lbs if you want chunks of ham)
- 1 quart sodium free chicken stock (optional)
- 2 qt water (use 3 qt if omitting chicken stock)
- 1 medium onion, peeled and left whole
- 6 fresh parsley sprigs
- 1 bay leaf
- 1 fresh thyme sprig
- 2 garlic cloves, finely chopped
- 1 lb yellow-fleshed potatoes such as Yukon Gold, peeled and cut into 1 inch pieces
- 1 lb red cabbage, cored shredded

Soak your beans in a half inch of water for 8-12 hours prior to making the soup. Make sure to pick through them for any odd beans or pebbles.

In a large stock pot or dutch oven bring the chicken stock and water to a boil. Add in the ham hocks, reduce heat and simmer for an hour or so. Drain your beans and add them to the broth along with the onion, parsley, bay leaf, thyme and garlic. Simmer for another hour. When the beans are mostly done (soft) add in the potatoes and the cabbage. Continue to simmer until all of the vegetables are soft. Serve hot with toast.

