

Chickpea and Cabbage Soup

Veggies aren't what you think of when you want comfort food, especially in the winter, but sometimes things aren't always what they seem. Like this loaded veggie soup with a base of cabbage, and a tasty broth seasoned to perfection. It's full of white beans for protein, and lots of cabbage. It's that perfect cold weather, stick to your ribs kind of food, but in health form.

This is a fairly easy soup, just saute some veggies until tender, season it and serve. There's no blending or thickening agents, so there's not much guesswork. If you have a pot and a stove, you can make this soup.

It's seasoned with a hefty dose of Ava Jane's Kitchen Everything Blend, which is the perfect blend of salt, pepper, and spices to bring a big pot of vegetables to life. It's delicious the next day, so leftovers are not a problem.

You can customize this by adding whatever veggies you want, you can swap the chickpeas for chicken, or use white beans. Anyway you make it, it's likely to turn out delicious, especially with a big hunk of bread.

Chickpea and Cabbage Soup

Serves 4-6

Prep time: 30 minutes

Ingredients:

2 tablespoons Ava Jane's Kitchen Avocado Oil
1 onion, diced
2 carrots, sliced
2 stalks celery, chopped
4 cloves garlic, minced
2 teaspoons Ava Jane's Kitchen Everything Blend seasoning
1 15 ounce can chickpeas, drained
1 15 ounce can diced tomatoes
4 cups chicken or veggie broth
2 cups water
1/2 head cabbage, rough chopped
Juice of 1 lemon
Fresh chopped parsley
Grated Parmesan, for serving, optional

Directions:

In a large Dutch oven or pot, heat the oil over medium heat. Add the onions, carrots, and celery and cook until soft and translucent.

Add the garlic and Everything Blend. Cook for another minute while stirring.

Add the chickpeas, tomatoes, broth and water, and bring to a boil. Simmer for 10 minutes.

Add hot cabbage and lemon juice, and simmer for 5 more minutes, until cabbage is wilted. Serve topped with parsley and Parmesan if using.