

## Country Cabbage Soup

*Crumbled Roquefort or other similar blue cheese is traditionally sprinkled into this soup, but I like a fresh grating of pecorino or locatelli Romano instead. And actually, this southwestern French soup is delicious without either. Wine gives the soup a light tanginess; without the wine it is a bit coarse and dull.*

### INGREDIENTS:

- ☐ 1 onion, chopped
- ☐ 4 garlic cloves, coarsely chopped
- ☐ 2 stalks celery + their leaves, coarsely chopped
- ☐ 1 medium carrot, sliced thinly
- ☐ 2 tablespoons butter, fatty prosciutto bits, or vegetable oil
- ☐ 2 bay leaves
- ☐ ½ small white cabbage, thinly sliced
- ☐ About 1 tablespoon fresh thyme leaves
- ☐ 1 cup dry white wine
- ☐ 5 cups vegetable or chicken broth
- ☐ 2 to 3 medium new potatoes, cut into bite-size pieces
- ☐ 2 ounces prosciutto, diced
- ☐ Salt, if needed, and pepper to taste
- ☐ Freshly grated pecorino or locatelli Romano cheese for garnish

**INSTRUCTIONS:** Lightly sweat the onion, garlic, celery and carrots in the butter until softened. Add the bay leaves, cabbage and thyme, and cook, stirring every so often, over medium heat until the cabbage is softened.

Pour in the wine and cook over high heat until the liquid almost completely evaporates, about 10 minutes. When the wine has evaporated, add the broth and cook over medium-high heat until the cabbage is tender. Add the potatoes and prosciutto and simmer for another 10 minutes or so.

Taste for salt and pepper and serve in big shallow bowls, sprinkled with cheese.

Serves 6 to 8

**PER SERVING:** 105 calories, 5 g protein, 8 g carbohydrate, 4 g fat (2 g saturated), 12 mg cholesterol, 212 mg sodium, 1 g fiber.