

Lori's Cabbage Soup

- 2 Tbsp olive oil
- 1 cup celery, diced
- 1 ½ cups yellow onions, diced
- 1 bell pepper (any color), diced
- 1 cup carrots, diced
- ½ Tbsp fennel seed (can substitute with 1/2 cup fresh diced fennel, reducing onions to 1 cup)
- 2-3 cloves garlic, minced
- 1 tsp oregano
- 1 tsp basil
- ½ tsp turmeric
- ½ tsp cumin
- salt and black pepper to taste
- ½ teaspoon red pepper flakes (optional)
- 4 cups vegetable broth (we used *Better Than Bullion* & chicken broth works, too)
- 14 oz stewed tomatoes with basil (any flavor is fine)
- ½ head green cabbage, shredded (red is fine)
- ¼ - ½ cup hoisin garlic sauce (recipe follows)

Heat 2 tablespoons of olive oil in a large pot over medium heat. Add celery, onions, bell peppers, carrots, fennel, garlic, herbs and spices. Sauté until slightly tender.

Add broth. Stir in tomatoes, cabbage and hoisin sauce (starting with smaller amount and adjusting to taste.) Bring to a boil, then reduce heat. Cook until cabbage is tender, about 30 minutes.

Taste and adjust seasoning if needed. Let soup rest before serving. This soup gets better if refrigerated overnight and served the next day.

Hoisin Garlic Sauce

- 2 Tbsp tahini (or peanut butter)
- 4 Tbsp soy sauce (can be reduced sodium)
- 1 ½ Tbsp molasses (or honey)
- 2 tsp rice vinegar
- 2 ½ tsp sesame oil
- ½ tsp hot sauce (any brand)
- 1 clove garlic, finely minced (or 1/8 tsp garlic powder)
- ½ cup turbinado sugar (any sugar is fine)

Stir ingredients over med/low heat until sugar dissolves. Adjust seasonings to your taste. Hoisin sauce can be kept refrigerated, in an airtight jar, up to 1 month.