

## Minestrone Meets Bubbie's Cabbage Soup

- 1 T olive oil
- 2 onions, peeled, halved, sliced, cut in thirds
- 2 celery sticks, sliced
- handful of celery leaves, finely chopped
- 1/2 t celery salt
- freshly ground black pepper
- 2 cloves of garlic, minced
- 5 plum tomatoes, quartered, cut in thirds
- 2/3 head of [cabbage](#), cored, thinly sliced, cut into spoon sized length
- 1 t Vegeta
- 2 carrots, peeled, sliced
- 1/2 c [yellow lentils](#)
- 1/4 c [barley](#)
- 1 1/2 T [Better than Bouillon stock](#)
- 1/2 - 1 t red pepper flakes
- 1 small handful **dried mushrooms**, processed into powder
- 9 cups of water or stock
- large handful of green beans, cut into thirds
- 1 yellow zucchini, sliced (or a peeled, seeded, sliced [chayote](#))
- 1 15 oz can of any kind of beans (Lima and [cannellini](#) used here)
- 1 t Kosher salt

Sweat onions and celery with celery salt and pepper in oil for about 10 minutes in a large covered pot over medium to medium-low heat, until softened but not browned. Add garlic, tomato, cabbage and Vegeta and continue to sweat ingredients for 8 - 10 minutes until cabbage is softened. Add carrots, lentils, barley, stock, mushroom powder and red pepper flakes with the water. Bring to a boil then simmer for 15 - 18 minutes. Add green beans, canned beans and zucchini and cook until everything is tender. Add salt to taste. Serves 10 - 12. Serve hot, garnished with Parmesan if you so desire.

**Jittery Cook**