



Cabbage and Carrot Soup

Serving Size 4-6

Preparation time: 90 minutes

Ingredients

6 quarts of water

10-12 medium to large potatoes (Idaho, russet or round white boiling potatoes)

3 teaspoon of salt

1 and 1/2 teaspoon of ground white pepper

5-6 medium garlic cloves

3 cups of finely chopped cabbage

2 and 1/2 cups grated turnips (about 2 or 3 medium sized turnips)

2 cups grated carrots

1 teaspoon fresh chopped ginger

Preparation

Wash and peel the potatoes and place them in a large pot with the water and bring to a boil. Add the salt, pepper and chopped garlic. Let ingredients cook for 20 minutes or until potatoes are tender and can easily break with a fork. Lower heat to low flame and blenderize so that contents is liquid like.

DO NOT DRAIN ANY WATER. Taste soup mixture. Add more salt if needed.

Now add the ginger and the chopped cabbage. Allow to cook in the soup mixture until the cabbage is tender; generally about 20 minutes of cooking time on low to medium heat. Add the grated turnips and cook for an additional 15 minutes. Finally add the grated carrots and cook an additional 20 minutes. Turn off heat and let sit until ready to serve. Best served hot!

