

Purple cabbage bean soup

by Violet Witchel

Ingredients

- 2 tbsp olive oil
- 1/2 white onion, diced
- 3 cloves of garlic, minced
- 1/2 small head of purple cabbage, diced
- Big pinch of sea salt
- 1/2 tsp chipotle powder
- 1 can of black beans
- 1 can of white beans
- 1 qt of vegetable stock
- 1 bay leaf
- Another big pinch of sea salt
- Juice of 2 lemons

Instructions

1. Put a large pot on the stove and turn the heat to medium. Once the pot is hot, add the olive oil.
2. Add the onion, garlic, cabbage, sea salt, and chipotle powder to the pan and cook over medium heat for 8-10 minutes, until the vegetables have stopped steaming and start to brown at the edges.
3. Add the beans, stock, and bay leaf to the pot. Bring the mixture to a boil, then reduce to a simmer. Place the lid on the pot and cook for 20 minutes on low.
4. Remove the bay leaf from the pot. Use an immersion blender to combine all the ingredients until the soup is smooth.
5. Pour the soup into bowls and squeeze in the lemon. The acid will react with the cabbage and turn it a fun pink color.
6. Serve hot and enjoy!