

Cold Weather Cabbage Soup with Butternut Squash and Turmeric

Ingredients

- 2 onions
- 4-6 cloves of garlic
- ½ a large cabbage (about 3-4 cups chopped cabbage)
- 1 butternut squash
- 4-5 medium potatoes
- Olive oil
- 2 tsp. turmeric
- 3 tsp. nutritional yeast
- 1 tsp. dried thyme
- 1 tsp. salt, plus more to taste
- Pepper, to taste
- 10 cups of vegetable broth or water (or a combination)

Steps

1. Start by prepping your vegetables. Chop one onion into half-moon strips, and dice the other. Mince the garlic. Half, core and chop the cabbage into strips. Peel the squash and remove the seeds, before cutting into cubes. Peel the potatoes if you wish, or just chop into cubes (store the potatoes in water until use to avoid oxidation).

2. Put a large pot on the stove, and heat a generous amount of olive oil. Add the diced onions (not the half-moons) and garlic, and sauté for a few minutes until fragrant. Add the turmeric, nutritional yeast, thyme, and 1 tsp. salt, and toast for about one minute, stirring to not allow the spices to burn. Next add your cabbage, stirring until all of it has been coated with the spices and oil.

3. Pour in the vegetable broth or water, cover the pot and bring to a boil before reducing to a simmer. After about 5 or so minutes simmering, add the potatoes and squash. Let cook for another 5 minutes before adding the half-mooned onions. Continue to simmer until the squash and potatoes can be easily pierced with a fork. Remove from the heat, season with salt and pepper to taste, and serve.

