

Russian Cabbage Soup

1/3 Cup vegetable oil
3 onions, large, finely chopped
6 garlic cloves, finely chopped
1 green or white cabbage, large, finely shredded
Chopped spinach (optional)
3 carrots, coarsely grated
6 potatoes, medium, peeled and diced
2 cans tomatoes, diced
2 bay leaves
8 cups vegetable stock or water
salt and pepper, to taste
4 Tbsp finely chopped dill or parsley

Heat oil. Add onion and garlic. Cook on medium heat until onion is translucent.

Add cabbage and carrots. Cook 5 mins, stirring occasionally.

Add potatoes, tomatoes, bay leaves, and stock and bring to boil. Taste. Season with salt and pepper. Cover and simmer 20–25 mins. Add water if soup is too thick.

Add spinach (optional) and stir 1 min until spinach wilts.

Remove from heat and sprinkle with dill or parsley. Stir.

Garnish with a dollop of sour cream before serving if not freezing.