

David's Cabbage Soup

- 1 Head of Savoy cabbage (not the usual green cabbage)
- 1 Package of frozen crinkle cut carrots or equivalent amount fresh
- 1 Package of frozen black-eye. field or crowder peas or equivalent amount fresh
- 1 Package of frozen Lima beans (or other bean) or equivalent amount fresh
- 3/4 Pound of small yellow Dutch potatoes (halved or quartered) **or**
Substitute sliced fresh Zucchini squash
- 2-3 Quarts of low sodium vegetable or chicken broth (add chicken, if desired)
- 1 Tbsp diced garlic
- 1 Tbsp cumin seeds
- 1 Tbsp coriander seeds
- 1 Tsp celery seeds (or 2 stalks of diced celery)
- 2 Tbsp No Salt
- 1/4 Tsp of black pepper (or to taste)
- 1 Tsp summer savory
- 2 Tsp leaf basil
- 1 Tsp onion powder
- 1 Tsp coriander powder
- 1/4 Tsp thyme (or to taste)

Place broth and seasonings in a large pot and bring to a simmering boil. Add vegetables beginning with the one with the longest cooking time (see package instructions) and progressively add other vegetables. If you are using raw chicken add it now. If you use squash, hold it back until near the end of the cooking time for the slowest cooking ingredient used. Shred the cabbage and rinse. Add cabbage and reduce the heat, cover and steam cabbage for at least 3 to 5 minutes. Turn off heat, cover and let sit until ready to serve.