GARBAGE SOUP

Forget the name of this soup—it tastes good! The ingredients are all those long-lasting vegetables on your counter, in your pantry or in your fridge. Make the most of them, and feel free to add leftover or frozen veggies if you like.

1/4 cup sherry, white wine or dry vermouth, or water
1 onion, peeled and chopped
1 - 2 cloves garlic, minced
1- 2 carrots, rinsed and chopped
1-2 stalks of celery, rinsed and chopped
4 cups water or veg broth
1 15-oz can diced tomatoes or one-half large can (reserve or freeze the rest for a later use)
Several leaves of cabbage, chopped*
1 can of white beans or 1-2 cups cooked white beans
1/2 tsp dried oregano
1/2 - 1 tsp dried sage, crumbled*
1/2 tsp dried thyme
1/2 tsp each salt and ground pepper
1 potato, peeled and diced
1-2 cups of small-shaped pasta (optional)

In a large pot, sauté the onion, garlic, carrots and celery in sherry or other liquid for about 5 minutes over medium heat, stirring frequently. Add the water, tomatoes, cabbage, canned or cooked beans, herbs, salt and pepper. Bring to a boil, lower heat, and simmer for about 15 minutes.

Next (or if you make the soup early in the day, do this about 20 minutes before serving), add the diced potato and the pasta if you are using it, bring to a boil, then lower heat and simmer until the potato and pasta are tender. Adding them towards the end keeps them from getting too soft; but the soup still tastes great if they get mushy. Good for leftovers and freezes well.

Notes:

Cabbage: Do not slice off a section of the cabbage to chop and cook. Instead, use the outer leaves, and as many inner leaves as you need to get the amount you want. That is, use the cabbage from the outside in and store what's left in the fridge. This way, you will be able to use the whole cabbage without any of it going bad.

Sage is a very dominant herb and it isn't used very often. Start with the smaller amount to see if you like it here. Feel free to use fresh sage if you have it, or to leave it out if you don't like sage.





