



Ludington Cabbage

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put broth, salt, onion, garlic, half of the celery and half of the cabbage in and let cook for 25 minutes, then use an emergence blender to blend together.
- 2) While that's cooking, chop up everything else properly.
- 3) Add the other half of cabbage and celery, along with potatoes, carrots, parsnips, brussel sprouts, & honey. Let cook for 60 minutes.
- 4) Near the end, add the chickpeas and nutritional yeast
- 5) Top with cold peas, pepitas, almonds, pistachios

Notes

This is called Ludington Cabbage because I bought the supplies in Ludington and made it there...duh!

Ingredients

- Vegetable Broth/stock – 4 boxes
- 1 Large onion—diced
- 8 cloves Garlic—diced
- 1 head of celery—chopped
- 1 medium head of cabbage—shredded
- 1 large can of diced tomatoes
- 6 medium carrots—sliced
- 6 medium parsnips—sliced
- 3 lbs of mini red and white potatoes
- 1 bag of Brussel sprouts— quartered
- 3 cans of chickpeas
- 1/4 cup of honey
- 1/3 cup of pink himalatan salt
- 1/2 cup nutritional yeast

Toppers

- Thawed frozen peas-chilled
- Pepitas
- Blanched almonds-sliced
- Shelled pistachios

