SingleParentChef.com

Cabbage and Kielbasa Soup:

**Hardware:**

* Dutch oven
* Large wooden spoon for stirring soup in Dutch oven
* Cutting board
* 6" to 7" chef's knife
* Scraper
* Spoons (for ingredients and tasting)

**Ingredients:**

* 1 large Vidalia onion, sliced thin
* 4-6 cloves of garlic, finely chopped
* Kosher salt
* 12 oz pre-cooked, smoked kielbasa cut into 1/4" rounds
* 1/2" tsp of ground black pepper
* 1 heaping tsp of garlic chili paste
* 1 heaping tsp of minced ginger
* 1/2 head of cabbage, cored and cut into 1/4" strips
* 64 oz (2 containers) chicken broth
* 1 tbsp of coarse brown mustard

**Process:**

* Put Dutch oven over medium-low heat
* Pour 1 tbsp of olive oil into Dutch oven
* While that's heating, cut the Vidalia onion into thin slices, put onions aside in medium bowl
* Smash 4 - 6 cloves of garlic with the side of your knife (see video) and then finely chop
* Sprinkle approx. 1 teaspoon of Kosher salt over chopped garlic and press salt into garlic, making a paste (see video)
* Carefully place onions into hot Dutch oven and season with a pinch of Kosher salt
* Scrape up garlic paste and mix in with simmering onions
* With onions continuing to simmer (check and adjust heat to make sure they aren't burning), cut kielbasa into 1/4" rounds.
* Add kielbasa into pot
* Season with ground black pepper
* Add garlic chili paste
* Add minced ginger and stir to incorporate newly added ingredients, continue to simmer!
* Cut cabbage into 1/4" strips (see video) and add into mixture.
* Add chicken broth
* Add coarse brown mustard and stir
* Raise heat to high until soup starts to boil
* Reduce heat to low and cover soup while it simmers for 45 minutes.
* EAT SOUP!!!