

Rustic Cabbage and Buckwheat Soup

40 minutes



Ingredients

1 onion	2 vegetable bouillon cubes
1 carrot	1 apple, shredded
3 cloves garlic	Sour cream for serving
1 small head cabbage, finely chopped	2 tsp smoked paprika
1 turnip	2 bay leaves
2 salad turnips	4-6 cups water
1/2 cup buckwheat groats	Salt and pepper



Instructions

1. Boil 2 1/2 cups of the water and mix well with bouillon cubes to create broth. Set aside.
2. Dice onions, carrots, turnip and finely chop cabbage. Set aside in separate bowls. Mince garlic.
3. In a large pot, heat a couple glugs of olive oil over medium heat. Add onions and allow cook for 2 to 3 minutes. Add garlic, turnip, cabbage and cook until cabbage is wilted. Add buckwheat groats, carrots, smoked paprika, bay leaves, salt and pepper. Stir and cook for one minute before adding 2 cups of water along with vegetable broth. Bring to boil, cover, then simmer for 25-35 minutes.
4. Peel and shred apple.
5. Portion soup into large bowls top with shredded apple, a dollop of sour cream and serve.

Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>