

Winter Minestrone

- 1 cup dried great northern beans
- 2 tablespoons olive oil
- 1 onion, chopped
- 3 stalks celery, chopped
- 2 carrots, chopped
- 3 cloves garlic, pressed
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon dried thyme
- 1 teaspoon Italian seasoning
- 8 cups water
- 2 tablespoons chicken base (or low sodium bouillon)
- 1/4 head green cabbage, cored and thinly sliced and chopped
- 1 large potato, peeled and chopped
- 1 (14 1/2-ounce) can whole tomatoes, broken up
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Cover beans with water to cover by several inches and soak overnight. In a large Dutch oven, heat olive oil and add onion, celery and carrot. Sauté until translucent and tender. Add garlic, red pepper, thyme and Italian seasoning and cook until fragrant. Add water, chicken base cabbage and beans. Bring to a boil, reduce to a simmer and cook, stirring occasionally, for 1 1/2 hours, covered. Uncover and add potato, tomatoes, salt and pepper. Simmer for 30-45 minutes longer until potatoes and beans are tender. Taste and adjust salt.