

A Sutherland Belle

Kapuśniak (Polish Cabbage Soup)

INGREDIENTS

- 1 pound hot sausage (meatball cooking directions also included)
- 3 garlic cloves minced
- 1 medium onion diced into ½ inch pieces
- 4 cups potatoes peeled and chopped bite-size (I used 2 large russet potatoes)
- 8 cups chicken stock
- 1 ½ teaspoons kosher salt
- 1 teaspoon caraway seeds
- ½ teaspoon freshly ground black pepper
- ½ head of cabbage thinly sliced into strips
- 2 teaspoons fresh thyme or ¾ teaspoon dried thyme
- Garnish with Parmesan cheese, if desired

INSTRUCTIONS

1. Cook and crumble the sausage in a large pot, over medium-high heat.
2. Add the garlic and the onions and sauté until softened and fragrant.
3. Add the potatoes, chicken stock, salt, and pepper and bring to a low boil for 10-15 min.
4. When the potatoes are almost tender, add the cabbage and thyme. Stir to wilt the cabbage.
5. Let cabbage soften for 3-5 min before serving.
6. Top individual bowls with the desired amount of Parmesan cheese.

Meatballs

Form sausage into small bite-size meatballs. Cook in a 350°F oven for 20 min. Add cooked meatballs to a large pot with garlic and onions and continue to follow directions. For a spicier soup, I suggest crumbling sausage instead of meatballs. This recipe can easily be doubled and freezes well. Do not add Parmesan if freezing.