



FARMERS MARKET

37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525

Peasant Vegetable Soup –

**4 tbl. butter
1 cup finely chopped yellow onions
3 leeks, white part only, thoroughly cleaned and thinly sliced
2 celery ribs, cleaned and coarsely chopped
3 carrots, peeled and chopped
1 tsp. dried thyme
1 bay leaf
8 cups chicken or beef stock, or a combination of the two
3 parsnips, peeled and chopped
1 ham hock
½ small green cabbage, shredded (about 2 cups)
4 garlic cloves, peeled and chopped
1 can (15 oz.) cannellini or navy beans, drained and rinsed
½ cup chopped Italian parsley
Salt and freshly ground black pepper**

1. Melt the butter in a heavy soup pot. Add onions, leeks, celery and carrots and cook, covered, over low heat until vegetables are tender and lightly colored, about 25 minutes, stirring occasionally.

2. Stir in the thyme, bay leaf and a grinding of black pepper and pour in the stock. Add parsnips, ham hock, and bring the soup to a boil. Reduce heat and simmer, partially covered, about 40 minutes. Remove ham hock and allow it to cool slightly. Cut the meat off the bone, cut it into pieces and return the meat to the pot.

3. Add cabbage, garlic, beans and parsley, and simmer for another 5 – 10 minutes. Taste, correct seasoning (add salt at this point if soup needs it), and serve immediately. This soup tastes even better if made the day before you plan to serve it!

Credit: Silver Palate Cookbook