

adam's apple café



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Winter Soup

By chef Ozzie Osman of the Adam's Apple Café

What better way to stay warm than a comforting bowl of minestrone-style soup?

Ingredients

- 10 large ripe plum tomatoes (or two 14 oz cans of tomatoes, drained)
- 3 medium carrots
- 2 medium leeks
- 5 ribs of celery
- 2 red onions, finely sliced
- 1 heaping Tbsp. chopped fresh rosemary (approx. 2 sticks)
- ½ head of cabbage, chopped
- 2 cups of fresh vegetable stock; 4 cups of water
- 3 good handfuls of fresh basil
- 2 cans of mixed beans (and the liquid from cans)
- 2 tablespoons of extra-virgin olive oil
- half a cup of Parmesan cheese, grated

Score the tomatoes and place briefly in boiling water; then skin, seed and roughly dice. Peel or scrape the carrots, quarter lengthwise and chop. Remove the outer leaves of the leeks, quarter lengthwise, wash well and chop. Peel the celery with peeler to remove the stringy bits, then cut in half lengthwise and chop. Peel and chop the onions. When you are chopping all these vegetables, try to make them more or less the same size (around inch diced). Wash and roughly chop the cabbage.

Put the olive oil into a warmed thick-bottomed pan and cook the carrots, leeks, celery, onion and rosemary over medium heat until just tender (about 15 minutes). Add the chopped tomatoes and cook for 1-2 minutes. Add vegetable stock and 4 cups of water, add beans straight from the can and cook for approximately 1 hour on low to medium heat. Add salt and pepper to taste. Per bowl of soup add a spoon of parmesan on top. Enjoy!