

Our State eats

Published in the February 2022 issue of Our State

Chicken & Cabbage Soup

Yield: 8 servings.

- 2 tablespoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, chopped into 3-inch chunks
- 2 celery stalks, chopped
- 3 medium carrots, peeled and sliced
- 1 sweet yellow bell pepper, cored, seeded, and chopped
- 1 medium sweet onion, diced
- ½ medium head green cabbage, chopped
- 3 cloves garlic, minced
- 1 bay leaf
- ½ teaspoon freshly ground black pepper
- 6 cups chicken stock
- 1 cup frozen peas (no need to thaw)
- Fresh parsley (optional)
- Hot sauce (optional)

Heat olive oil in a Dutch oven or a stockpot over medium-high heat. Add chicken to the pot and cook until golden brown on all sides, about 10 to 12 minutes. Set aside on a cutting board and let cool. Once cooled, shred chicken with two forks.

To the same pot add celery, carrots, yellow pepper, onion, and cabbage. Cook on medium heat until carrots and cabbage are tender, about 8 to 10 minutes.



Stir in shredded chicken, garlic, bay leaf, black pepper, and chicken stock. Stir well and cook for 15 to 20 minutes on low heat.

Stir in frozen peas. Allow soup to simmer for a few minutes more, just until peas are done. Garnish with fresh parsley and serve. Add a drop of hot sauce for added zing.

Subscribe to the Our State Eats newsletter and get recipes weekly.

[Go to ourstate.com/os-newsletters](https://ourstate.com/os-newsletters)