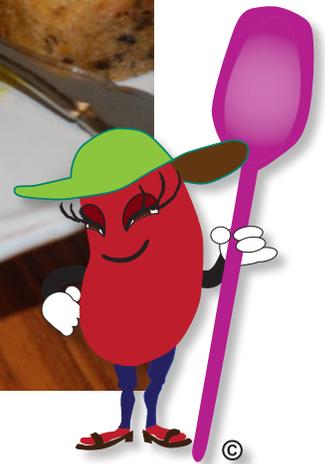


Beans, Rice And Everything Nice

Kabocha Squash, Sweet Potato and Cabbage Soup



original recipe by beansriceeverythingnice.weebly.com



Ingredients makes 4–6 servings

1/2 of a 1-1.5 kg (2-3 lbs) Kabocha squash, seeded, peeled and cubed
1 medium Japanese sweet potato, peeled and cubed
2 cups cooked or 1 can chickpeas, drained and rinsed
2.5 cm (1 inch) ginger, peeled and coarsely minced
1/2 teaspoon turmeric
6 cups water
1/4 of a green cabbage, cut into short ribbons
parsley to taste

1. Place the squash, sweet potato, chickpeas, minced ginger, turmeric, and water in a large soup pot on the stove. Bring to a boil over medium-high heat. Reduce the heat to medium, cover with a lid, and simmer for 20 minutes.
2. Coarsely mash the soup with a potato masher.
3. Add the cabbage, cover, and simmer for another 5 minutes, until cabbage is cooked. Stir in the parsley and serve.
4. Garnish with salt and freshly ground pepper, if desired. Serve with bread and a green salad.

