



Makes 12 cups
Preparation Time: 30 minutes
Cook Time: 40 minutes

INGREDIENTS:

4 slices whole grain
pumpernickel bread

1 1-lb. delicata squash

½ of a medium head green
cabbage

1 medium sweet onion

4 tablespoons apple cider
vinegar

4 cups low-sodium vegetable
broth

1 ½ lb. tiny new potatoes,
halved or quartered

1 15-oz. can no-salt-added white
beans, rinsed and drained (1½
cups)

1 14.5-oz. can no-salt-added
diced tomatoes (undrained)

1 tablespoon coarse-grain
mustard

Sea salt, to taste

Freshly ground black pepper, to
taste

2 teaspoons caraway seeds

Chopped fresh parsley

Delicata Squash and Roasted Cabbage Stew

This hearty winter stew is full of German-style flavors that will warm your belly on a cold night. Bright yellow delicata **squash** melds with earthy cabbage, creamy white beans, and hearty **potatoes** to create a chunky and oh-so-satisfying stew. Coarse-grain mustard is stirred into the savory broth to pay homage to Germanic classics (think bratwurst flavors without the meat) while toasted caraway seeds add a subtle licorice zing to each bite. The pumpernickel croutons make this cabbage soup recipe absolutely drool-worthy, and you can use extras in a salad later in the week.

For more vegan cabbage recipes, check out these tasty ideas:

- [Savoy Cabbage Rolls](#)
- [Hearty Purple Cabbage Soup](#)
- [Napa Cabbage Salad](#)
- [Roasted Red Potatoes and Cabbage](#)

By Nancy Macklin, RDN

- 1 Preheat oven to 425°F. Cut bread into ½-inch cubes and spread on a baking sheet. Bake 10 to 12 minutes or until crisp. Set aside to cool.
- 2 Meanwhile, line a shallow baking pan with parchment paper. Halve squash lengthwise. Scoop out seeds. Cut halves into ½-inch-thick slices, then cut slices into 1-inch pieces. Remove core from cabbage half and cut cabbage into ½-inch slices. Cut onion into ½-inch wedges. Arrange squash, cabbage, and onion in prepared pan. Sprinkle with 3 tablespoons of the vinegar. Roast 20 to 25 minutes or until almost tender and starting to brown. Cool slightly and chop cabbage and onion into bite-size pieces.
- 3 In a 5- to 6-quart pot combine roasted vegetables, broth, potatoes, beans, and 1 cup water. Bring to boiling; reduce heat. Cover and simmer 15 minutes. Stir in tomatoes, the remaining 1 Tbsp. vinegar, and the mustard. Return to boiling; reduce heat. Cover and simmer 5 minutes more. Season with salt and pepper.
- 4 Meanwhile, in a small dry skillet, toast caraway seeds over medium heat 2 to 3 minutes, shaking skillet occasionally
- 5 Ladle soup into bowls. Top with pumpernickel croutons, toasted caraway seeds, and parsley.