



FORKS OVER KNIVES®

Irish White Bean and Cabbage Stew | by Susan Voisin

Makes 6 large servings



- 1 large onion, chopped
- 3 ribs celery, chopped
- 2 to 3 cloves garlic, minced
- 1/2 head cabbage, chopped
- 4 carrots, sliced
- 1 to 1-1/2 pounds potatoes, cut in large dice
- 1/3 cup pearly barley (optional or substitute with gluten-free grain)
- 1 bay leaf
- 1 teaspoon thyme
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon rosemary, crushed
- 1/2 teaspoon freshly ground black pepper
- 6-8 cups vegetable broth or low-sodium vegetable broth
- 3 cups cooked great northern beans (2 cans, drained)
- 1 14 1/2-ounce can diced tomatoes
- 1 tablespoon chopped parsley
- salt to taste

Instructions:

Crock Pot: Place the vegetables, seasonings, and barley into a large (at least 5 quart) slow cooker. Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours. Add beans, tomatoes, parsley, and salt to taste. Check seasonings and add more herbs if necessary. Cover and cook for another hour.

Stovetop: Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes. Add remaining ingredients, check seasonings, and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving.