

Cabbage and Italian Sausage

from Dudley's Green Book "Parade of Recipes"



Ready In: 2 hrs

Pan: 5 qt Dutch Oven

Cook: 30 - 40 mins

Serves: 12

Yields: 4.5 qts

Units: US

Notes:

- *Using a lesser amount of hot sausage, gives the soup a nice kick. If you want it hotter, use more hot and less regular or no regular at all.*
- *If using Italian sausages in casings, make sure that it is uncooked.*
- *Use a paring knife to slice a slit down the length of the uncooked sausages, remove the casings and crumble into a bowl.*
- *This sausage and cabbage soup freezes and reheats well. Use quart Chinese take-away plastic containers and place plastic wrap over top of soup, pressing it down, before putting on the lid.*

Ingredients

- 1-1/2 pounds bulk **mild** Italian sausage
- 1 lb Italian hot sausage, without seeds
- 1-1/2 tablespoons olive oil
- 1 large yellow onion halved and sliced
- 6 medium cloves garlic finely chopped
- 4 medium carrots peeled and cut into 1/4" rounds
- 6 cups chicken broth, unsalted
- 2 pounds uncooked green cabbage core removed and broken into large pieces (about 14 leaves)
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 28 ounce can of diced tomatoes,
- 28 ounce can plum tomatoes, squished in your hand and stem removed.

Directions

Step 1

- Slit the sausage links and crumble into a bowl.
- Set aside.

Step 2

- Peel, halve, and slice onion thin or chop in medium pieces
- Finely chop the garlic.
- Peel carrots and cut into 1/4" rounds.
- Remove core from cabbage and cut up.

Step 3

- Heat a large soup pot over medium heat.
- Once hot, add crumbled sausage.
- Cook, using a wooden spatula to break up the sausage.
- Stir occasionally, for about 10 minutes, or until most of the pink is gone.
- Remove sausage from pot.
- Set aside.

Step 4

- Keep the pot over medium heat and add olive oil.
- Once hot, toss in onions along with a pinch of kosher salt and a couple turns of freshly ground pepper.
- Cook, stirring occasionally, for 6 to 8 minutes, until onions are soft.
- Add in garlic and carrots.
- Stir continuously for 1 minute until garlic is fragrant.
- Raise heat to medium-high and add in cabbage along with 2 teaspoons of kosher salt and 1/2 teaspoon of freshly ground black pepper.
- Toss to combine and continue cooking for 5 minutes, stirring frequently, until cabbage begins to wilt and release some moisture.
- Add cooked sausage back in.
- Add broth.
- Add diced tomatoes.

Step 5

- Wash your hands.
- Cut out hard small stem from plumb tomatoes.
- Squish them in your hand, over the pot, and drop in.
- Wash hands.
- Bring soup to a boil.
- Cover and reduce heat to a simmer.
- Simmer for 20 minutes until reduced and thickened or about 1/2" down from original height. *There will be a soup line around the pot as it cooks.*
- Remove from heat and adjust seasonings, if necessary.
- Serve.