

INGREDIENTS

2 tbsp. extra-virgin olive oil
1 large onion, chopped
2 carrots, chopped
2 stalks celery, minced
1/2 tsp. chili powder
Kosher salt
Freshly ground black pepper
1 (15-oz.) can white beans, drained and rinsed
2 cloves garlic, minced
1 tsp. thyme leaves
4 c. low-sodium chicken (or vegetable) broth
2 c. water
1/2 large head cabbage, chopped
1 (15-oz.) can chopped fire-roasted tomatoes
Pinch red pepper flakes
2 tbsp. freshly chopped parsley, plus more for garnish

DIRECTIONS

- In a large pot over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt, pepper, and chili powder.
- Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in beans, garlic, and thyme and cook until garlic is fragrant, about 30 seconds.
- Add broth and water, and bring to a simmer.
- Stir in tomatoes and cabbage and simmer until cabbage is wilted, about 6 minutes.
- Remove from heat and stir in red pepper flakes, and parsley.
- Season to taste with salt and pepper.