# Cabbage, bean & crispy kale soup (vegan)

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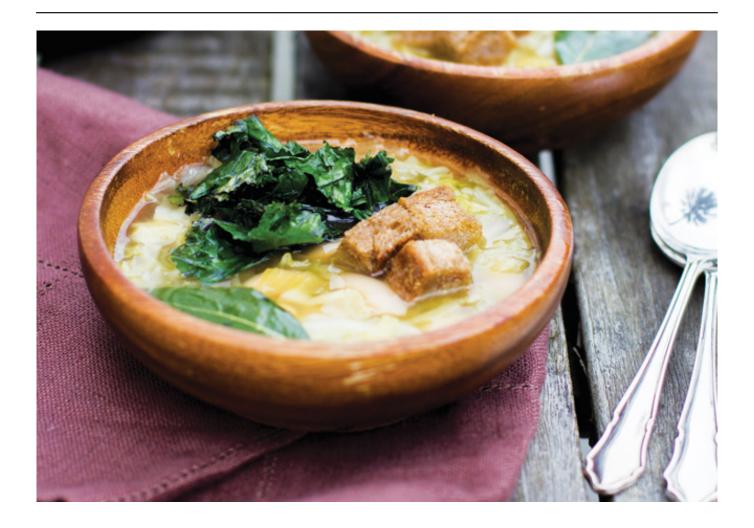- [Soup](#)
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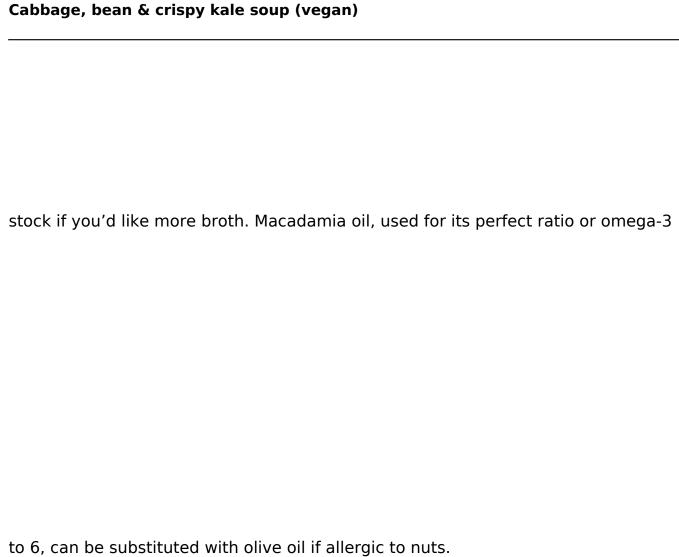
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This cabbage soup recipe is vegan, but you can use good quality (organic) chicken stock if you wish.

Hard-boiled eggs or shredded chicken go very well in this soup as well. Add extra

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stock if you'd like more broth. Macadamia oil, used for its perfect ratio or omega-3

to 6, can be substituted with olive oil if allergic to nuts.

**Ingredients** (serves 4)

- 6 tsp macadamia oil (or olive oil)
- ¼ medium green cabbage, shredded
- 1 leek, white part only, sliced
- 4–5 cups vegetable stock
- 1 (440g) can butter beans, drained
- 4 whole kale leaves
- 2 fresh bay leaves (or 4 dried)
- 4 slices (dark rye) sourdough, cut into 1cm squares
- 1 tbsp macadamia oil (or olive oil)

**Method**
Heat two teaspoons of oil in a large stock pot over medium heat. Add shredded cabbage and leek. Cook, stirring, until the cabbage has wilted and reduced volume by half. Add stock and bring to a boil. Simmer for 15 minutes or until the cabbage has softened. Add canned beans and simmer for another five minutes.

In the meantime, wash kale leaves and remove stems, discard. Shake off excess water. Chop across the leaves into 1cm wide ribbons. Heat remaining oil in a medium frypan over medium heat. Add kale and bread cubes and cook, stirring, until the kale and croutons are crisp.

Serve soup hot with a topping of crispy kale, bay leaves and croutons.

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Recipe from Martyna Angell, wholesome-cook.com

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