

# Creamy Cabbage Soup With Gruyère

From – *MARTHA ROSE SHULMAN*

1 Tbsp extra virgin olive oil  
1 medium onion, chopped  
1 potato, peeled and grated  
 $\frac{3}{4}$  pound cabbage, cored and shredded (about  $\frac{1}{2}$  medium head)  
salt to taste  
5 cups water, chicken or vegetable stock  
1 Parmesan rind  
freshly ground pepper to taste  
2 cups low-fat milk  
1 cup grated Gruyere cheese  
6 –  $\frac{1}{2}$  inch thick slices of french bread, toasted and cut into small squares

- Heat the oil over medium heat in a large, heavy soup pot. Add the onion and cook, stirring, until tender, about 5 minutes.
- Add the grated potato, the shredded cabbage and  $\frac{1}{2}$  teaspoon salt. Stir together for a minute, taking care that the potatoes don't stick to the pot, and add the water or stock, the Parmesan rind and salt and pepper to taste.
- Bring to a simmer, cover and simmer over low heat for 30 minutes, until the vegetables are tender.
- Add the milk to the soup. Stir to combine well and heat through without boiling. A handful at a time, stir the Gruyère into the soup and continue to stir until the cheese has melted.
- Taste and adjust seasonings. Remove the Parmesan rind. Serve, garnishing each bowl with a handful or toasted croutons.



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