

Pork and Sausage Soup with Cabbage (or Leftover Pork Chop Soup)

My own concoction



- 2 tablespoons canola oil, or grapeseed oil
 - 1 large onion, diced
 - 5 cloves garlic, minced
 - 2 stalks celery, diced
 - 8 cups water, or chicken broth
 - 1 teaspoon pork soup base
 - 1 teaspoon chicken soup base
 - 1 tablespoon ginger garlic paste (bottled)
 - 1 teaspoon lemon grass paste (from a tube)
 - 2 large carrots, peeled, diced
 - 8 ounces Italian sausage, mashed in small pieces
 - 1 cup sugar snap peas, chopped
 - 1 pound Napa cabbage, finely sliced
 - 8 ounces boneless pork center rib (leftover pork chops)
 - 4 slices French bread slices, toasted
- GARNISHES:
- 5 whole radishes, sliced in tiny julienne
 - 1 cup cilantro, chopped

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 7

This recipe got started because I had about 10-12 ounces of delicious leftover meat I'd cut off of some thick pork chops. And I didn't know what to do with it. I looked up several recipes for pork soup (mostly Asian in origin) and finally settled on a kind of melange or flavors with Italian sausage added.

1. In a large Dutch oven heat the canola oil. Meanwhile, chop up the onion and celery. Add to pan and saute gently for about 5-6 minutes, until onion is limp. Add garlic and continue cooking for about 2 minutes. Do not burn the garlic.
2. Add water, soup bases, ginger garlic paste and lemon grass paste. Bring to a boil and simmer for about 15 minutes.
3. Add carrots and Italian sausage and continue to simmer for another 5 minutes or until carrots are just barely cooked through.
4. Add sugar snap peas and cabbage. Stir to get all the vegetables below the surface. Add more water if needed. Simmer for about 3-4 minutes. Then add the leftover pork meat and simmer just until the mixture is heated through. Do not cook any longer or the pork will get tough.
5. Meanwhile, prepare the garnishes and set aside. Toast the bread, place in the bottom of soup bowls and ladle about 2 cups of the soup over the top. Garnish with radishes and cilantro. Season with salt and pepper if desired (it wasn't necessary for me).

Per Serving (excluding unknown items): 299 Calories; 19g Fat (56.4% calories from fat); 14g Protein; 18g Carbohydrate; 3g Dietary Fiber; 42mg Cholesterol; 551mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 3 Fat.