



## Ham Hock & Cabbage Soup

serves 8 as a main course

½ lb smoked bacon, copped  
 1 ham hock smoked  
 1 large onion, chopped (1 cup)  
 1 medium carrot, chopped (1 cup)  
 1 ½ lb white cabbage, chopped  
 3 large garlic clove, chopped  
 2 bay leaves  
 4 cups chicken broth  
 1 lb peeled and cubed red potatoes

salt, pepper and cayenne to taste

Fry bacon in large pot until slightly crisp. Add onions and carrots and cook until slightly wilted. Add ham hock, garlic, cabbage and bay leaves and cook until cabbage is wilted. Add chicken stock, bring to a boil. Reduce heat and simmer for 1hour. Add potatoes and cook until potatoes are soft. Remove ham hock and pick off the meat. Skim off excess fat and remove bay leaves. Return cubed meat to the soup, adjust seasoning and serve.



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