

Recipe: CABBAGE SOUP

INGREDIENTS

2 Tbsp olive oil
1 large onion, *chopped*
2 carrots, *sliced*
1 celery stick, *chopped*
1 head cabbage, *chopped*
3 c low sodium broth
3 c water
14 oz can diced tomatoes
1 green bell pepper, *diced*
1/2 tsp ground cumin
1/2 tsp red pepper flakes
2 Tbsp parsley
salt/pepper to taste

PREPARATION

In a large pot heat the olive oil over medium heat. Add the onion, carrots and celery and cook for 5 minutes. Add the cabbage, green pepper, diced tomatoes, chicken broth and water. Mix to combine. Bring to a boil then reduce the heat and simmer until vegetables are tender, about 30-40 minutes. Add ground cumin, red pepper flakes and chopped parsley. Mix. Season to taste with salt and pepper.

MAKES 5 SERVINGS

recipe adapted from paleogrubs.com