

Cabbage Soup

Ingredients

1 cup celery, diced

1 cup carrot, diced

1 cup onion, diced

¼ teaspoon salt

4 grinds fresh pepper

4 cups water

6 teaspoons (or 2 tablespoons) low sodium vegetable bouillon

18 oz jar tomatoes (diced or crushed)

4 cups shredded green cabbage (about half a head)

1 ½ cups white beans (canned or boxed not dried)

¼ cup lemon juice

Heat a large stock pot over medium heat for about 2 minutes. Add celery, carrot and onion to heated pot. Season with ¼ teaspoon salt and 4 grinds of fresh pepper. Dry sauté for 6 minutes until the vegetables sweat and begin soften up.

Next, add the water, bouillon, tomatoes and cabbage to the pot. Turn up the heat to high and bring to a boil. Once boiling, turn down heat to medium low and simmer uncovered for 15 minutes, then add the beans and cook for 5 more minutes until the vegetables are tender.

After 20 minutes, the soup should be ready. Finish the soup by adding the ¼ cup fresh lemon juice and more pepper if desired.

Slightly adapted from the Dr. Oz Show, Tanya Zuckerbrot's 28-Day Inflammation-Busting Plan.