



## Cabbage Soup Recipe

- 1 chopped cabbage
- 1 onion
- 1 1/2 c chopped carrots
- 5 stalks chopped celery
- 3 cloves minced garlic
- 14 oz can diced tomatoes (I like RoTel for a little kick 😊 )
- 4 cubes chicken or veg bouillon
- 1/2 c parsley
- 1/4 c basil
- 1tsp sea salt
- 1/2 tsp cracked pepper

Saute onion, carrots, celery, and garlic in large pot until starts to soften. Add tomatoes and simmer 10 mins. Add 8 cups water (if you prefer, you can substitute 8 cups of vegetable stock for the water and bouillon), bouillon, salt, pepper and bring to boil. Reduce heat to low and add cabbage. Cover and simmer 25 mins, stirring occasionally. Add parsley, basil, cover and simmer another 10 mins. Enjoy!

From here, you can use in a bunch of different ways. We often add shredded or chopped meat/protein to a bowl and pour the soup right over the top.