

From Kathryn's Kitchen
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Cabbage Soup

Prep Time: 10 minutes
Cook Time: 50 minutes
Servings: 5 (2 cups each)

Ingredients:

- 1 bag (16 oz) shredded cabbage
- 2 tbsp. extra-virgin olive oil
- 1 small Vidialla onion, diced
- 3 cloves garlic, minced
- 1 pound ground lean meat (turkey or beef)
- 1 tsp kosher salt
- pepper to taste
- 14 oz. diced tomatoes
- 6 oz. tomato paste
- 3 tbsp. Worcestershire sauce
- 32 oz. Bone Broth (or chicken broth)



Directions:

Dice onion, mince garlic and add to olive oil in stockpot over medium heat; sauté about 3 minutes or until tender. Add the ground meat, salt and pepper; and cook until browned. Stir in diced tomatoes, tomato paste, Worcestershire sauce, and broth. Bring to a simmer. Add the cabbage and stir in. Cover and cook on medium low for about 30 minutes or until cabbage has softened. Divide into five glass bowls (2-cups each) with lids and refrigerate.

To Serve: re-heat individual servings as needed.



Esthetician, Makeup Artist, Nutrition Specialist, Personal Trainer

*Enjoy,
Kathryn*

