

Recipe of the Week

January 29, 2018



Cabbage Fat-Burning Soup

Rumored to be able to burn away fat, this soup sticks to vegetables only (apart from the beef broth). With carrots, onions, celery, tomatoes and more—this soup is light, yet filling for those chilly winter days. Did we mention that checks in at just 90 calories per serving?

Ingredients

- 5 carrots, chopped
- 3 onions, chopped
- 2, 16 oz. cans of whole peeled tomatoes
- 1 large head of cabbage, chopped
- 1, 1 oz. envelope of dry onion soup mix
- 1, 15 oz. can cut green beans
- 2 quarts of tomato juice
- 2 green bell peppers, diced
- 10 stalks of celery, chopped
- 1, 14 oz. can of beef broth

Directions

- Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot.
- Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables.
- Simmer until vegetables are tender.
- May be stored in the refrigerator for several days.

Recipe adapted from All Recipes