

Healthy Cabbage Soup

(adapted from simplyrecipes.com)



INGREDIENTS

- 1 large head of cabbage chopped
- 1 onion chopped
- 1 Tbsp coconut oil
- 3-4 Cinnamon sticks
- ¼ tsp himalayan salt
- ½ tsp turmeric powder
- ½ tsp whole cumin seeds
- 1 heaping tsp crushed garlic
- 1 heaping tsp crushed ginger
- 5 cups broth (chicken or vegetable)
- 1 cup crushed tomato

PROCESS

In a large pot, melt coconut oil and sauté onions until translucent. Add chopped cabbage and tomatoes to the pot and stir to combine. Add spices and broth and let simmer on low heat for 30 minutes.

Enjoy!