



# Cabbage Vegetable Soup

## Ingredients:

- 2 tbsp olive oil
- 1 tbsp garlic, minced
- 3 celery stalks chopped
- 1 small yellow onion chopped
- 1 green bell pepper chopped
- 16 oz baby bella mushrooms, chopped
- 6 small zucchinis, chopped
- 2 small heads of cabbage (or 1 very large head)
- 16.5 oz fire roasted diced tomatoes
- 32 oz chicken broth
- 2 cups of water
- 1 tsp red pepper flakes
- 1 tbsp Italian seasonings
- 2 bay leaves
- Sea salt to taste
- Black Pepper to taste

## Directions:

1. Heat oil in large stock pot.
2. Lightly brown garlic in oil.
3. Add celery and onions and cook until tender.
4. Add mushrooms and bell pepper and remaining vegetables, chicken broth, and water.
5. Bring stock pot of vegetables to a boil, stirring until completely mixed. Liquid should cover all vegetables and be soupy. This is a very forgiving recipe so if you need to add more liquid, add more chicken stock and water to your desired "soupiness".
6. Mix in all of the seasonings and bay leaves and let simmer on low with a lid on the pot for about 2-3 hours. The longer it sits, the better.
7. Season to taste if you need to add more spice to your soup.

Servings: makes 6 servings.

Each serving = 2 cups select vegetables, 1/8 cup occasional vegetables, 1 tsp healthy fat.

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