

Chicken and Cabbage Soup

(substitute beef and beef broth)

Makes 1 serving (1 protein, 1 vegetable)
28 grams protein
3 grams fat
225 calories

Ingredients

- 100 grams chicken
- 1½ cups cabbage
- 2 cups chicken broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's liquid aminos (optional)
- 2 cloves garlic, crushed and minced
- 1 tablespoon onion, chopped
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- Cayenne pepper to taste
- Sea salt and pepper to taste

Directions

1. Combine chicken & spices in medium saucepan.
2. Bring broth to a boil.
3. Add cabbage.
4. Reduce heat and simmer for a minimum of 30 minutes.
5. Add additional water to broth as needed.

Variations: change the spices and add fresh tarragon or turmeric.
Add ¼ lemon with rind to the broth and simmer for a rich lemon flavour.

