

Cabbage Soup

Cabbage is a superfood with lots of nutrients! Among many other health benefits, it is known for healing stomach ulcers and preventing cancer --especially colon cancer. It is a very alkaline forming food. Eat it often!

Ingredients:

**1 1/2 to 2 pounds lean ground beef or turkey
1 tablespoon oil
1 large onion, chopped
1 clove garlic, minced
1 small cabbage, chopped
2 cans (14.5 ounces each) diced tomatoes
1 can (8 ounces) tomato sauce
1/2 cup water
1 teaspoon ground black pepper
1 teaspoon sea salt**

Preparation:

In a large skillet, heat olive oil over medium heat. Add the ground beef and onion and cook, stirring, until ground beef is no longer pink and onion is tender. Add the garlic and continue cooking for 1 minute.

Add the chopped cabbage, tomatoes, tomato sauce, pepper, and salt. Bring to a boil. Cover and simmer for 20 to 30 minutes, or until cabbage is tender.

Yield: Serves 6 to 8