

Beet & Cabbage Liver Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 small beet, peeled and grated
- 2 cups red cabbage, shredded
- 2 carrots, chopped
- 1 tsp cumin
- 1/2 tsp black pepper
- 4 cups vegetable broth
- Juice of 1/2 lemon
- Salt to taste

Instructions:

In a large pot, heat olive oil over medium heat.

Add onion and garlic. Sauté for 3-4 minutes.

Add beets, cabbage, carrots, cumin, and pepper. Stir well.

Pour in the vegetable broth and bring to a boil.

Reduce heat and simmer for 20 minutes until veggies are tender.

Blend partially for texture or fully for a smooth soup.

Add lemon juice and salt to taste before serving.

Health Benefits:

- Beets: Support liver detox and improve blood circulation
- Cabbage: Aids digestion and reduces inflammation
- Carrots: Provide beta-carotene for skin and immunity
- Cumin & Lemon: Help cleanse the liver and reduce bloating