

Tomato Cabbage Metabolism Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 cups cabbage, chopped
- 2 cups tomatoes (fresh or canned)
- 1 carrot, diced
- 1/2 tsp paprika
- 4 cups vegetable broth
- Salt and pepper to taste

Instructions:

Sauté onion and garlic until soft.

Add cabbage, carrot, tomatoes, paprika.

Pour in broth and simmer for 25 minutes.

Blend partially if desired.

Health Benefits:

- Cabbage & tomato: Detox + metabolism boost
- Paprika: Boosts circulation and flavor
- Carrot: Beta-carotene and liver support