

# **Beet Cabbage Detox Soup**

**Serving 2**

**Prep Time 20 minutes**

## **Ingredients**

2 medium beets, peeled and diced

1 cup shredded red cabbage

1 carrot, sliced

1 small onion, chopped

2 cloves garlic, minced

4 cups vegetable broth

1 tbsp olive oil

Juice of half a lemon

Salt and pepper to taste

## **Instructions**

1. In a large pot, heat olive oil and sauté onion and garlic.
2. Add beets, cabbage, and carrot. Cook for 5 minutes.
3. Add broth and bring to a boil. Simmer for 25 minutes.
4. Add lemon juice, blend partially if desired.
5. Season with salt and pepper. Serve hot.

## **Health Benefits**

Beets and cabbage are powerful detoxifiers, rich in antioxidants and compounds like betaine and anthocyanins. They help cleanse the liver and support digestion and circulation.

