

# Chinese Cabbage & Shiitake Soup

## Ingredients:

1/2 head Napa cabbage chopped  
1/2 cup shiitake mushrooms sliced  
1 garlic clove minced  
1-inch ginger sliced  
1 tbsp tamari or soy sauce  
4 cups vegetable broth  
1 tsp sesame oil  
Green onion for garnish

## Instructions:

Heat sesame oil, sauté garlic and ginger.  
Add mushrooms and cabbage, stir-fry briefly.  
Pour in broth and tamari. Simmer for 15 minutes.  
Garnish with green onions.

## Health Benefits:

Cabbage supports digestion and liver health;  
shiitake mushrooms enhance immunity and  
reduce inflammation