

Tomato Cabbage Metabolism Soup

Serving 2

Prep Time 20 minutes

Ingredients

- Chopped cabbage
- Diced tomatoes (fresh or canned, no salt)
- Celery stalks, chopped
- Carrots, sliced
- Onion, chopped
- Garlic cloves, minced
- Fresh parsley or cilantro
- Fresh lemon juice
- Ground turmeric

- Cayenne pepper or red chili flakes (optional)
- Olive oil
- Sea salt to taste
- Filtered water or vegetable broth

Instructions

In a large pot, heat a small amount of olive oil and sauté onions and garlic until translucent. Add carrots, celery, cabbage, and tomatoes. Stir and cook for a few minutes. Add water or vegetable broth until vegetables are covered. Add turmeric, cayenne, and salt. Bring to a boil, then reduce heat and simmer until all vegetables are tender. Add parsley and lemon juice at the end. Serve warm.

Health Benefits

This soup supports digestion, detoxification, and metabolism. Cabbage and tomatoes are high in antioxidants and fiber, helping flush toxins and reduce inflammation. Turmeric adds

anti-inflammatory properties, while lemon juice aids liver function. It's light, hydrating, and great for weight balance and gut support.