

White Bean & Cabbage Skillet

Ingredients

- 1 cup shredded green cabbage
- 1/2 cup cooked white beans
- 1/4 onion, chopped
- 1 garlic clove
- 1/2 tsp thyme
- 1 tbsp olive oil
- 1/4 cup water
- Sea salt to taste

Instructions

1. In a skillet, sauté onion, garlic, and thyme in olive oil.
2. Add cabbage and beans, stir for 2–3 minutes.
3. Add water, cover and simmer 10 minutes.
4. Season and serve.

Benefits

Supports digestion, blood sugar balance and immunity with natural fibers and prebiotics.