

Burning and Cleansing Cabbage Soup Recipe

This weight-loss and cleansing cabbage soup recipe with tomatoes, bell peppers, and green beans is easy to make and can be stored in the refrigerator for several days.

- 10 stalks celery, chopped
- 5 carrots, chopped
- 3 onions, chopped
- 2 green bell peppers, diced
- 1 large head cabbage, chopped
- 1 (15 ounce) can cut green beans, drained
- 2 quarts tomato juice
- 2 (16 ounce) cans whole peeled tomatoes, with liquid
- 1 (14 ounce) can beef broth
- cold water, to cover
- 1 (1 ounce) envelope dry onion soup mix

Directions

1. Gather all ingredients.
2. Place celery, carrots, onions, cabbage, bell peppers, and green beans in a large soup pot.
3. Add tomato juice, tomatoes, beef broth, and enough water to cover vegetables; add onion soup mix and stir to combine.
4. Bring to a boil over medium heat; reduce heat to low and simmer until vegetables are tender, about 25 minutes.
5. Serve and enjoy!

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10,847 home cooks made it!

Nutrition Facts (per serving)

90 Calories

1g Fat

21g Carbs

4g Protein