

## Cabbage Beef Soup

- 3 tablespoons olive oil
- 1 large onion chopped
- 1 pound (500 grams) rib eye or scotch fillet steak, cut into 1-inch pieces (trimmed of visible fat)
- 1 stalk celery chopped
- 1 small green cabbage chopped into bite-sized pieces
- 4 cloves garlic minced
- 6 cups beef stock or broth
- 3 tablespoons fresh chopped parsley plus more to serve
- 2 teaspoons each dried thyme and dried rosemary (or dried basil and oregano)
- 2 teaspoons onion or garlic powder
- Himalayan sea salt and freshly cracked black pepper to taste



1. Heat oil in a large pot over medium heat, add the beef and sear one all sides until browned all over (they don't need to be cooked through). Then add the onions and cook until transparent (about 3-4 minutes).
2. Add the celery to the pan, mixing through the flavors in the pot. Cook while mixing occasionally for about 3-4 minutes, then add the cabbage and cook for a further 5 minutes until beginning to soften; add in the garlic, and cook until fragrant (about 1 minute), mixing all ingredients through.
3. Add the stock (or broth), parsley, dried herbs, and onion or garlic powder; mixing well. Bring to a simmer; reduce heat to medium-low and cover, with a lid.
4. Allow to simmer for 10-15 minutes, or until the cabbage is soft. Season with salt and pepper, and add in a little extra dried herb, if needed.
5. Serve warm with a sprinkle of fresh parsley (if desired).

*Soup recipes are difficult to accurately measure exact portions. What we've found is that when you spoon out 2 cups of soup (or chili) it will render approximately one serving.*

Makes approximately 5 servings.

Serving size: 3 ounces of beef and 1 cup of cooked vegetables and broth.

Enjoy with one cup of on plan fruit to complete the meal.

