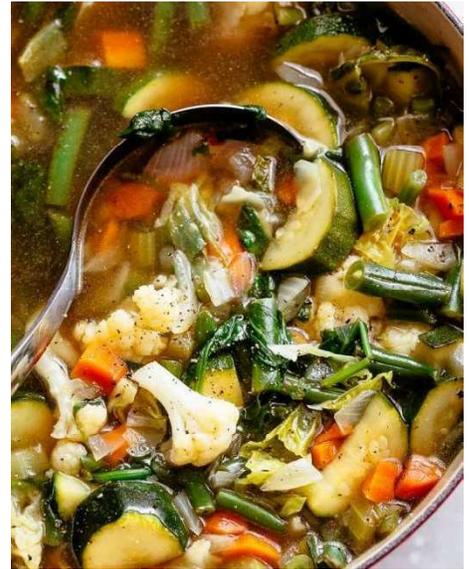


Vegetable Soup

- 2 tablespoons olive oil
- 2 onions, chopped
- 1/2 cup chopped celery
- 6 cloves garlic finely chopped
- 2 zucchinis chopped
- 10 oz (300 g) fresh green beans sliced into 1-inch pieces
- 10 oz (300 g) cauliflower florets
- 4 cups chopped cabbage leaves, washed (about 1/2 of a head)
- 2 quarts (2 liters) low sodium beef stock (chicken or vegetable broth may be used)
- 1 teaspoon cayenne pepper (if desired -- adjust to your heat preference)
- 1 teaspoon salt to season
- 1/2 teaspoon freshly ground black pepper
- 4 cups loosely packed spinach leaves washed
- 1/4 cup packed chopped fresh parsley leaves
- 2 teaspoons freshly squeezed lemon juice



1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the onion and celery. Sauté until they begin to soften, about 8 minutes.
2. Add the garlic and sauté until fragrant, about 30 seconds. Then add the zucchini and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Throw in the cauliflower and cabbage leaves. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, season with the cayenne. Taste test and season with salt and pepper.
4. Reduce the heat to low, cover, and cook until the vegetables are fork tender, about 20 minutes. Add the spinach leaves and stir through until wilted.
5. Remove from heat and add the parsley and lemon juice. 6. Adjust seasonings. Serve immediately.

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 7 servings.

Serving size: 1 cup of cooked vegetables and broth.

Enjoy with one cup of on plan fruit and 3 oz of protein to complete the meal.

