

Original Cabbage Soup Diet Recipe

The Cabbage Soup Diet is a popular short-term weight loss plan that involves consuming cabbage soup as the main component of your meals. While the diet is restrictive and not intended for long-term use, it can be a helpful tool for jump-starting your weight loss journey. Here's an original and delicious cabbage soup recipe that you can enjoy during the Cabbage Soup Diet.

Ingredients:

- 1 medium-sized head of cabbage, shredded.
- 2 large onions, diced.
- 4 cloves of garlic, minced.
- 4 carrots peeled and sliced.
- 2 bell peppers (any color), diced.
- 4 celery stalks, sliced.
- 6 cups vegetable broth (low sodium)
- 1 can diced tomatoes (14 oz)
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions:

1. In a large pot, heat a tablespoon of olive oil over medium heat.
2. Add the diced onions and minced garlic to the pot and sauté until they turn translucent and fragrant.
3. Add the sliced carrots, diced bell peppers, and sliced celery to the pot. Stir well to combine the ingredients.
4. Add the shredded cabbage to the pot and continue to sauté for a few minutes until it starts to wilt.
5. Pour in the vegetable broth and diced tomatoes with their juices. Stir in the paprika, dried thyme, and dried oregano.
6. Season with salt and black pepper according to your taste preferences. Remember, the broth may already contain some salt, so adjust accordingly.
7. Bring the soup to a boil, then reduce the heat to low and let it simmer for about 20-25 minutes, or until the vegetables are tender.
8. Once the soup is ready, remove it from the heat and allow it to cool slightly.
9. Serve the cabbage soup hot, garnished with freshly chopped parsley for added flavor and visual appeal.

Tips and Variations:

- Feel free to customize the recipe by adding other vegetables of your choice, such as mushrooms or zucchini, to the soup.
- You can add a squeeze of lemon juice or a dash of hot sauce to enhance the flavor of the – cabbage soup.
- For added protein, consider including lean chicken or tofu in the soup.