

# Organic Chunky Vegetable Cabbage Soup

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Servings: 10



Made with all organic foods. Natural and Organic products are readily available in your supermarket.

## Ingredients

1 leek, well washed and sliced then  
1 large stalk organic celery with green tops, sliced thin  
4 cups organic fresh or frozen green beans  
6 cups chopped organic cabbage  
organic chicken broth  
1 cup organic cauliflower floret's or tender inner leaves, chopped  
1 cup organic broccoli floret's (use the stem, peel it and chop it and throw it in)  
1 can organic tomato paste  
1 teaspoon garlic  
½ teaspoon thyme leaves  
½ teaspoon dried basil  
Celtic sea salt and fresh ground pepper to taste  
organic extra virgin olive oil for serving

## Cooking Method

Place a big soup pot on the stove.

Add leek, celery, green beans and cabbage.

- Cover with broth, bring to a boil, reduce heat to medium-low, cover pot and simmer 10 minutes.

Add the rest of the ingredients except sea salt, add more water as necessary, cover and simmer another 10 – 15 minutes.

- Add sea salt & pepper to taste.

Serve each bowl with a drizzle of olive oil. I love it with a dash of cayenne and some chopped fresh herbs as well.