

Unstuffed Cabbage Soup (Luteal)

1 lb ground chicken (turkey or beef will work too)

1 small onion, finely chopped

3 stalks celery, finely chopped

3 carrots, peeled and finely chopped

3 cloves garlic

1 small head, or half large head cabbage, thinly cut

1 ½ cups cauliflower, riced

1 – 28 oz can crushed tomatoes

1 can small white beans, drained and rinsed

1 cup water

4 cups vegetable broth

Heat EVOO in large pot, then add onions, celery and carrots. Cook for 5 minutes, or until softened. Then add in chicken, cooking for an additional 5-7 minutes until mostly cooked through. (Note – if using ground beef, I would cook this first and then remove beef from pan, drain grease and allow to rest on paper towel in bowl while cooking the vegetables. Then add back into pan before the next step.) Add in crushed tomato, water and vegetable broth, bring to simmer. Then add in cabbage, cauliflower rice and small white beans. Return to simmer and cook additional 15-20 minutes, until cabbage is softened. Enjoy!

Best for the Luteal phase.

