SOUTHWESTERN BEEF AND CABBAGE SOUP

PHASE 2
Serves 6 to 8 (portion size: 3 cups)
½ cup chopped red onion
2 tablespoons minced garlic
2 pounds boneless stew beef
8-ounce can fire-roasted green chiles, diced
1 tablespoon minced cilantro
½ teaspoon crushed red pepper flakes
½ teaspoon black pepper
4 cups beef broth
4 cups vegetable broth
8 cups water
12 cups shredded green cabbage
2 tablespoons sea salt
In a large nonstick pot over medium heat, cook the onion and garlic with 2 tablespoons water until soft. Add the beef, chiles, cilantro, red pepper flakes, and pepper. Stir until the spices coat the beef.
Pour in the broths, plus 8 cups of water. Increase the heat to high. When the soup comes to a boil, reduce to medium. Add the cabbage and salt. Stirring occasionally, simmer for approximately 1 hour. Serve immediately.
Note: You can also throw everything into a slow cooker and let it cook on low for 6 to 8 hours.”

Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.
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