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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