



BETH WARREN

NUTRITION

INGREDIENTS

2 carrots
2 stalks of celery
1 onion (diced)
Extra virgin olive oil
Salt to taste
Fresh garlic
Oregano - 1/2 tsp
Basil - 1/2 tsp
Parsley - freshly washed and chopped
Diced tomatoes
Vegetable broth

INSTRUCTIONS

DIRECTIONS

Dice up your carrots and celery and sauté them in olive oil. Add your diced onions and continue sautéing until slightly golden then add in your fresh garlic.

Add in some salt, oregano and basil. Pour in your shredded cabbage and let it sweat, stirring occasionally.

Then add your vegetable broth followed by some crushed tomatoes, fresh lemon juice. Boil on medium flame, and when cooked feel free to add in fresh chopped parsley and a fresh lemon slice to garnish.

Enjoy!