

Everyday Cabbage Soup

These last several months, my eating habits have been all over the place. Lots of salads and veggies, but just as many (okay, probably more) cookies and ice cream sundaes. Not getting out of the house means that the things I look forward to are suddenly food related. Luckily I love healthy foods, but, I also really love the bad ones too.

So I've been trying to come up with recipes that are healthy, comforting, and delicious, but that aren't another salad. Now that it's cold, soup is on the menu more, and what is better than a soup that is nothing more than veggies?

This is a simple soup at best, and while it's literally nothing than vegetables, it's actually filling in a good way. You can of course add protein if you want — shredded chicken or a can of chickpeas would be good here. It's seasoned simply with Ava Jane's Kitchen Everyday Blend seasoning. It's peppery and citrusy but doesn't overpower the overall flavor of the vegetables in this soup.

Speaking of veggies — this is a unique version of cabbage soup in that I added sweet potatoes. They're a bit hearty and add an earthy sweetness that pairs well with the rest of the veggies. They're also less starchy for a lower carb option, but white potatoes will work fine here. For the cabbage, if you don't want to buy a whole head of cabbage and go through the headache of shredding it (and a whole head of cabbage is like, *a lot* of cabbage) grab a bag of pre-shredded cabbage or coleslaw mix. It's especially good when you want to make things as easy on yourself as possible, which we all do right now I think.

Everyday Cabbage Soup

Serves 4-6

Prep time: 40 minutes

Ingredients:

- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- 1 onion, diced
- 2 carrots, diced
- 1/2 cup sliced bell peppers, any color
- 2 sweet potatoes, peeled and diced
- 3 cloves garlic, minced
- 2 tablespoons Ava Jane's Kitchen Everyday Seasoning Blend
- 12 ounces shredded cabbage or coleslaw mix
- 1 14-ounce can dice tomatoes
- 4 cups Kettle Fire Bone Broth
- 1/2 cup chopped fresh parsley
- Colima Sea Salt, for serving

Directions:

Heat the oil in a heavy pot over medium heat. Add the onions, carrots, peppers, and sweet potatoes. Stir and cook until onions and peppers are soft.

Add the garlic and Everyday Seasoning. Stir and cook for 5 more minutes.

Add the cabbage, stir, and add the tomatoes. Cook for 2 more minutes.

Add the broth and bring to a simmer. Simmer for 15 minutes, until potatoes are tender.

Add the parsley, stir and ladle into bowls.

Sprinkle with Colima Sea Salt before serving.