

HCG Friendly Sweet & Sour Cabbage Soup

This is a variation of an old eastern European favorite. My paternal grandmother used to make sweet and sour cabbage soup with tomatoes, onions, beef brisket and sugar. It was always one of my favorites. She wrote down her recipe for me before she passed away. The ingredients were all listed but the measurements were "a bit of this and enough of that", so it was difficult to reproduce exactly what she used to make. I have to admit that this recipe was a bit of a challenge because I was a bit intimidated at how wonderful Grandma Helen's soup was but I think even she would accept this version. I hope that you will try it and enjoy this old world favorite

Prep Time: 10 minutes

Cook Time: 1 hours, 20 minutes

Total Time: 1 hours, 30 minutes

Ingredients:

- 2 quart light beef or chicken broth
- 1 teaspoon onions powder
- 4 cups cabbage, coarsely shredded or very thinly sliced
- 1 & ½ teaspoon sour salt (citric acid)
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper, or to taste
- 1 teaspoon liquid clear stevia

Preparation:

1. Place the beef broth and cabbage in a pot or large sauce pan allowing at least 3 inches of clearance from the top.
2. Add the onion powder, sea salt, sour salt, black pepper, and liquid stevia.
3. Bring to a boil, stirring occasionally, then cover and simmer 1 hour or until cabbage is tender. Taste, correct the seasoning, adding additional salt and pepper as necessary.

Yield: 2 heaping Vegetable servings