



Cabbage soup for slimmers

NIBBLEDISH CONTRIBUTOR

Ingredients

1/2 sweet round cabbage-cut
1/2 red carrot-sliced
1 stick celery-cut
1/2 broccoli- cut
1 tsp chopped garlic
2 pieces sliced ginger
2 chicken carcass
salt and pepper

Instructions

1. Heat a little oil just to brown garlic, add 2 cups water with the chicken bones , carrots and ginger, Let simmer for 1/2 hour until soup reduced to half.
2. Add vegetables and cover the pot , Off the heat , let the vegetable cooked in the steam .
3. Season with salt and pepper, Clean up the flesh from the bones and place back in the soup, discard the bones.
4. Serve hot.

NOTE:

This soup is one way to get slim .