

“I Can’t Cook” Detox Cabbage Soup

No experience necessary—your five-year-old could make this soup. Simply open jars and bags, empty the contents into a pan, and heat. It can’t get much easier than this!

2 16-ounce bags of coleslaw mix from the produce section
at your grocery

4 16-ounce cans of vegetarian broth or two 32-ounce boxes

4 cups water

1 10-ounce bag of frozen diced onions

2 tablespoons chopped garlic from a jar, also usually in the produce section

1 small bag petite-cut carrots

2 teaspoons sea salt (or salt to taste)

1 teaspoon Tabasco sauce or other hot sauce (optional)

Pepper to taste

Combine all ingredients in a large stock pot. Bring to a boil, then reduce heat and simmer over low heat until vegetables are tender, stirring occasionally. Check seasonings and add more sea salt and/or Tabasco to taste.



From “Real-Life Detox” by Chet Zelasko, PhD