

Alicia's Negative Calorie Soup Recipe

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1 head green cabbage, cut into 1 inch pieces

1 medium onion, peeled and diced

4 large carrots, peeled and sliced

4 stalks celery, sliced

4 turnips, peeled and cut into cubes

2 zucchini, peeled and cut into cubes

2 cans green beans

32 ounces beef stock or chicken stock, or 16 ounces tomato juice and 16 ounces water