Alicia’s Negative Calorie Soup Recipe

Alicia’s Negative Calorie Soup Recipe

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