

# 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