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Detox Soup



Ingredients

1 green cabbage
1 bunch watercress stems removed
2 leeks
2 sticks of celery
2 onions
1 clove of garlic
1 vegetable bouillon cube defatted
1.5 liters of water
parsley, chervil or chives

Preparation

- 1 Wash all the vegetables and cut them into pieces.
- 2 Bring water to boil, add the vegetable stock cube and crushed garlic.
- 3 Add onions, cabbage, celery stalks and simmer over low heat about 30 minutes.
- 4 Add the watercress and leeks and cook for about 30 minutes.
- 5 Mix everything.
- 6 Serve your soup sprinkled with parsley, chervil or chives.
- 7
- 8 For a 100% detoxing effect, please do not add any salt!

Cooks Note
