



---

Posted on 6 January 2013  
*by ewfood*

## 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 <strong>
- 8 For a 100% detoxing effect, please do not add any salt! </strong>

## Cooks Note

---