



KETO Hearty Chicken and Cabbage Soup

Legenia Spiller Bearden

Ingredients:

1 small cabbage shredded
3 chicken breasts
1 med. Yellow onion
2 celery stalks chopped
2 carrots peeled and chopped
2 bay leaves
4 chicken bouillon cubes
1 tbsp. garlic powder
1 tbsp. onion powder
2 tbsp. dried dill weed
1 tbsp. dried thyme
1 tbsp. dried parsley
2 cloves chopped garlic
Salt and pepper to taste

1. Add chicken breast, bouillon cubes, bay leaves, garlic powder, and onion powder to 4 quarts of water. Bring to a boil. Cook until chicken is done.
2. Once done, remove chicken and let it cool
3. To the chicken broth add shredded cabbage, celery, carrots and onions, dill weed, thyme, parsley, garlic and salt and pepper. Allow to cook, while you shred your chicken breast
4. Once chicken is shredded add it to the pot.
5. Cook for 1 hour on medium low heat.
6. Enjoy!