

## Cabbage Cooler

Cabbage stimulates the immune system and the production of antibodies, and is an excellent remedy for fighting bacterial and viral infection, such as colds and flu.

### Benefits:

Arthritis

### Ingredients:

1 tablespoon olive oil  
2 medium onions, peeled and sliced  
3 medium carrot, washed and sliced  
2 sticks of celery, washed and sliced  
1 medium leek, washed and sliced thinly  
4 1/2 cups chicken stock salt and freshly ground pepper  
1 medium cabbage, shredded  
1 cup natural yogurt  
fresh parsley, to garnish

### Instructions:

1. Heat the oil in a saucepan, add the vegetables, except the cabbage, and stir over a low heat for 5-10 minutes.
2. Add the stock and seasoning, cover, and bring to the boil then reduce the heat and simmer for 30 minutes. Cook the cabbage in a little water for 5 minutes until slightly softened.
3. Add to the soup with half the yogurt and heat gently. Serve topped with the remainder of the yogurt and garnish with parsley.

<http://www.valuerecipes.com/index.php/article/articleview/412/1/14/>