

# ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Cabbage Soup



Food image courtesy of budgetbytes.com

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## Ingredients

- 1 teaspoon butter
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 2 cups chopped cabbage
- ½ yellow onion
- ½ cup chopped carrot
- ½ cup chopped zucchini
- ½ teaspoon basil
- ½ teaspoon oregano
- Salt & pepper
- ½ cup green beans
- 3 cups beef broth



## Preparation Method

1. Light your **Envirofit SuperSaver Charcoal Jiko** using little charcoal.
2. Heat the butter onions, garlic and carrots over medium heat by slightly closing the **SuperSaver** air regulator for 5 minutes.
3. Add the beef broth, tomato paste, cabbage, green beans, basil, oregano, salt and pepper to taste.
4. Simmer for a about 5 to 10 minutes until all vegetables are tender then add the zucchini and simmer for another 5 minutes.
5. Add the chopped yellow onion.
6. Serve it to your family and see them enjoy and want more!

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