

Trim Healthy  
W I S D O M

## Chicken, Rice & Cabbage Soup (E)

This is a super hearty yet super trimming soup. It is chock full of veggies that will scrub your muscle and organ cells of fat droplets and cleanse your muscle cells so they can start more efficiently releasing again. It's an E, but there is still room for you to have one piece of toast on the side if you desire. *(P - Call me weird, but instead of a piece of toast, I enjoy an Optimized Auntie Pearl's Muffin on the side of a very large bowl of this soup... this takes my protein up, too. The sweetness of the muffin seems to work alongside the savory flavor of the soup... but I'm weird like that.)*

This is a large soup that makes many servings, so unless you have a family that gobbles it up, feel free to freeze portions for future no-think meals.

Multiple Serve Recipe

### INGREDIENTS:

- 1 tsp butter or coconut oil
- 1 small onion (chopped)
- 1 small head of cabbage (chopped)
- 3-4 stalks celery (chopped)
- 2-3 large carrots (chopped)
- 2 (15 oz) cans petite diced tomatoes
- 32 ounces high protein chicken bone broth
- 3 cups water
- ½ cup plus 2 Tbs uncooked brown rice, black rice, or quinoa
- 4 tsp [TH Mineral Salt](#)
- black pepper (to taste)
- cayenne pepper (optional; to taste)
- Several generous squirts of Bragg Liquid Aminos to taste
- 2 (12 oz) cans chicken breast (drained)



- 2 Tbs tahini
- 1/3 cup [TH Nutritional Yeast](#)

### INSTRUCTIONS:

1. Melt the butter or oil in a large-sized pot set to medium/high. Add diced onions and toss in the heated oil for a couple of minutes.
2. Add all other ingredients except chicken, tahini, and nutritional yeast. Stir well. Turn the heat to high. Allow it to come to a boil, then turn the heat down to low/medium, cover with a lid, and allow to simmer for 30 minutes. Add chicken, tahini, and nutritional yeast, then cook for another 10-15 minutes or until the veggies are fully soft and the rice is fully cooked through.

### Protein Nerd Notes:

While this soup contains protein in the form of chicken and broth, depending upon your serving size, it may not be quite enough to fulfill your Protein Nerd Level 3 requirements. You can get more protein via a powder in a drink on the side, such as a half serving of [TH ESSENTIAL](#) or one of our Optimized Protein Powders, or you can do as Pearl mentioned above and enjoy an *Optimized Aunty Pearl's Muffin* on the side.