**Peel–a–Pound Soup**

**(Ref. YouTube video “How to lose 15 pounds in 7 days with Peel-a-Pound Soup”)**

**Ingredients:**

* **One 28 oz. can of stewed tomatoes OR whole peeled tomatoes.**
* **1 packet of Lipton Recipe Secret Onion Soup Mix**
* **6 or 7 beef bouillon cubes in 3 cups of water**
* **1 red onion coarse chopped**
* **1 white onion coarse chopped**
* **1 green bell pepper chopped**
* **1 red bell pepper chopped**
* **2 stalks of celery chopped**
* **1 garlic chopped**
* **1 head of green cabbage coarse chopped**

**Directions:**

1. **Put the ingredients into a Dutch oven in the order that they are listed above stirring as you go.**
2. **Bring this to a boil, and add in any remaining ingredients as it cooks down. Stir occasionally.**
3. **Turn the heat down, put a lid on it, and let it simmer until the veggies as tender as you like. Stir occasionally. This step may take 1 to 2 hours.**