

Weight Loss Wonder Soup

Yield: 5 min
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-loss-soup-recipe-indian>

Ingredients:

- 4 onions large, finely chopped
- 2 green pepper diced
- 1/2 teaspoon olive oil optional
- 3 tomatoes large, roughly chopped
- 1 bunch celery diced
- 1 cabbage small, chopped
- 3 cups water

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 25 grams
3. Fiber: 9 grams
4. Protein: 5 grams
5. Sodium: 120 milligrams
6. Sugar: 8 grams

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