

## **CROCK POT LOW-CARB CHICKEN & CABBAGE SOUP**

*(adapted from Sugar Free Mom)*

2 tbsp olive oil  
1 shallot, chopped  
1 pound ground chicken  
1 tsp Herbes de Provence  
1 tsp salt  
1 tsp pepper  
1 cup canned stewed tomatoes, with their juice  
1/2 cup riced cauliflower  
3 cups cabbage slaw (I used store-bought)  
3 cups beef broth or water  
additional salt and pepper to taste

toppings of your choice, a little lemon juice, Sriracha (all optional)

Heat olive oil and saute shallots on medium high heat. Add ground chicken and cook until lightly browned, seasoning with one teaspoon salt and pepper. Add tomatoes, cauliflower, stir well to remove any browned bits from the pan. Transfer to crock pot. Add beef broth, cabbage slaw and cook on high for 3 hours or low for 6 hours. If no crock pot is available, just simmer gently on the stove top for an hour or so until the cabbage is fully tender.

Adjust seasoning and serve with a dollop of yogurt, shredded cheese, or diced avocados. A little bit of Sriracha added to your bowl hurts absolutely nothing. And a squirt of lemon juice.