**WARMING SOUP**

Fry 1 medium of chopped sweet or yellow onion and 4 cloves of garlic, with 1 cup of chopped cabbage, in 3 T. olive oil.

Add water or tea or bone broth as the vegetables begin to cook down, only enough to cook then.

Add the following spices and continue to let the veggies cook and fry:

1 t. ground citrus (dried or fresh rind and fruit)

1 t. ground ginger

½ t. cumin

½ t. curry powder

½ t. ground cinnamon

½ t. turmeric

Dash of red-hot chili pepper

Add two to three cups of bone broth and let cook 15 minutes.

Optionally, you can add rice and cook it in the broth. Or add cooked rice.

Also, any other veggies or meats can be added, including a can of sardines.

At the end of the cooking process, add a 1-inch chunk of honeycomb.

This soup brings together all the flavors of- sweet, sour, hot, and spicy.

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