

# Unstuffed Cabbage Soup

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FALL ISSUE # 4

KEEPING ACTIVE AS THE DAYS GROW SHORTER



A favorite soup to capture all the flavors and warmth of fall.

- 1-pound ground beef or turkey
- 1 small onion chopped
- 1 small green pepper chopped
- 1 small head of cabbage cut in small strips.
- 1-14 ounce can of diced tomatoes
- 1-32-ounce box or can of beef broth (unsalted)
- Salt to taste
- 1/4 t cumin
- 1/2 cup jasmine rice

Brown meat with onion and green pepper. Put in crock pot or large pan (if making on top of stove).

Put cabbage in same pan you browned meat in, add some broth and tomatoes, cook for five minutes (just until the cabbage gets soft). Put in crock pot or soup pan and add rest of ingredients. In crock pot cook on high for one hour and turn to low and cook for 6 hours. If cooking on top of the stove bring to a soft boil and turn down and cook for two hours or until rice and cabbage is tender.

## KEEP ACTIVE

The best exercise is the one you will do.



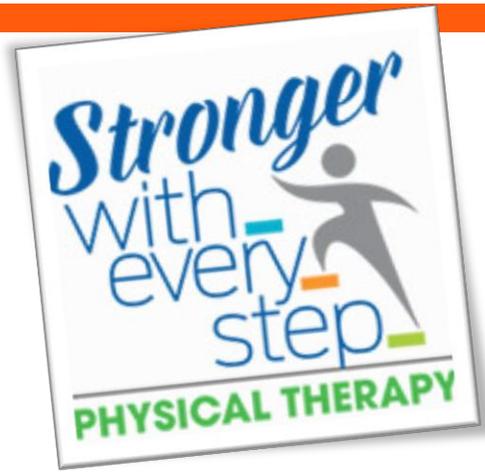
### Wellness Program

Ypsi Rehab offers a wellness program for \$30 a month or \$50 a couple.

Our therapists will help you set a program that fits your needs. The atmosphere is friendly, and you can go at your own pace.

What do I do if my doctor says I need physical therapy?

- 1) The doctor will give you an order for physical therapy.
- 2) Call our office at 734-485-4544.
- 3) Our front staff will take your information and check your insurance for you.
- 4) An appointment will be made for you to meet with our therapist. He will set a program designed for you.



## October is Physical Therapy Month

Ypsi Rehab will be having an open house.

When: **October 13, 2018**

Where: 6055 Rawsonville Rd.  
Belleville, Michigan.

Time: 1:00 pm – 4:00 pm

Meet the staff

We will have demonstrations of exercises you can do at home.

We will have food and goodie bags.



Things you can do to get started with a healthier lifestyle.

- 1) Drink plenty of water.
- 2) Snack on fruits and vegetables.
- 3) Exercise -Walking is a good way to get started. You may only be able to walk for five minutes but if you keep it up you will be able to go farther.
- 4) Always talk to your doctor before starting a new exercise regimen.

Stay health and strong and have a wonderful fall.

