

Hearty Cabbage Soup with Beef

This hearty soup will keep you and the family full for hours and it makes perfect leftovers! This soup can be made in a large pot or crock pot.

Preparation Time: 15 min.

Cooking Time: 1 1/2 + hours

Servings: 8-10

Ingredients:

| Amount | Ingredient | Cost – date: |
|-----------------------------------|--|--------------|
| 1 Pound | Ground beef or chuck beef/stewing beef | |
| 1 | Onion, medium, chopped | |
| 1/2 cup | Celery, diced | |
| 1/2 | Green Pepper (optional), chopped | |
| 2 Tbsp | Oil, vegetable (optional but needed if cooking in pot) | |
| 2 tsp | Salt | |
| 2 Tbsp | White Sugar (optional) | |
| 1/4 tsp | Pepper | |
| 1/2 tsp | Paprika | |
| 1 - 28 Oz Can | Tomatoes | |
| 2 Cans | Tomato Paste (optional) | |
| 4 cups | Hot Water | |
| 2 | Beef bouillion cubes | |
| 2-4 | Chili Peppers (optional) | |
| 3 Tbsp chopped | Parsley or Parsley Flakes | |
| 2 Cups | Raw Potatoes, diced | |
| 1 Cup | Raw Carrots, diced | |
| 6-7 Cups, (approx.. 1 small head) | Cabbage, packed, coarsely chopped | |
| | Cost for the total recipe: | |

Preparation:

For a large pot:

1. In a very large pot, sauté beef, onion, celery and green pepper (if using) in oil until redness is gone from meat. Break up the meat and continue chopping it up while sautéing. Add remaining ingredients except cabbage and combine thoroughly.

2. Simmer uncovered for ½ hour +, stirring occasionally. Fish out chili peppers if used. Add cabbage, combine and simmer covered ½ hour + longer. Then serve!

IF using a Crock Pot:

1. Add all ingredients to crock pot. Cover and let cook for two (2) hours or longer. Remove chili peppers before serving.

Notes:

You can add other vegetables like zucchini to replace the green pepper. Could add barley

You can also add Garden Cocktail for extra flavour.

If the soup is too thick for your taste, add 1 - 2 cups of hot water.

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!