

Beef Cabbage Soup

10 ingredients · 1 hour · 4 servings



Directions

1. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
2. Add the onion and cook for three to five minutes until softened. Stir in the garlic, salt, pepper and tomato paste and cook for another minute.
3. Add the broth and diced tomatoes and stir to combine then add the cabbage and carrots. Bring the soup to a gentle boil then reduce heat slightly to simmer for 30 to 35 minutes or until the carrots and cabbage are tender.
4. Season with additional salt and pepper if needed then divide between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is approximately equal to two cups.

More Flavor

Add other dried herbs and spices to taste, like red pepper flakes, paprika, cumin, or parsley.

No Ground Beef

Use ground chicken, turkey, or pork.

More Veggies

Add celery, zucchini, or kale.

Ingredients

- 10 1/2 ozs** Lean Ground Beef
- 1** Yellow Onion (chopped)
- 3** Garlic (clove, minced)
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 2 tbsps** Tomato Paste
- 6 cups** Beef Broth (low sodium)
- 2 cups** Diced Tomatoes (from the can, with the juice)
- 3 cups** Green Cabbage (chopped)
- 2** Carrot (medium, chopped)