



Fresh Vegetable Soup

From Lori Bayne, MACC's Customer Master Product Owner

1 pound lean ground beef (90% works well)

½ cup diced onion

½ cup diced celery

½ cup diced carrot

28 oz. can diced or crushed tomatoes (diced fresh tomatoes could also be used)

5 cups chopped green cabbage

5 ½ cups beef stock (1 box plus 1 can)

2 bay leaves

In a large stock pot, brown ground beef for 5 to 10 minutes, breaking the meat into small pieces as it cooks. Add onion, celery and carrots and sauté for 5 minutes.

Add tomatoes, beef stock, and bay leaves. Simmer for at least 40 minutes until the cabbage cooks and becomes soft. Remove the bay leaves and serve. Makes 12 cups.

Note: This is a wonderful fall soup to use up the last of those fresh garden vegetables and it is very heart healthy.