

CABBAGE SOUP WITH HAMBURGER

Ingredients:

- 2-3 pounds of ground beef (or ground turkey for a lighter option)
- 1 large cabbage, finely chopped
- 2 cups celery, finely chopped
- 2 cups onion, finely diced
- 1 green bell pepper, finely diced
- 2-3 cloves garlic, minced
- 5-6 cups beef broth (or vegetable broth for a lighter flavor)
- 2 cans (14 oz each) diced tomatoes with basil, oregano, and garlic
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- $\frac{1}{2}$ teaspoon red pepper flakes
- Freshly ground black pepper, to taste
- $\frac{1}{2}$ teaspoon salt (optional)

Directions:

1. In a large skillet over medium heat, brown the ground meat until fully cooked. Drain excess fat if needed.
2. Transfer the cooked meat to a slow cooker (crock pot).
3. Add the chopped cabbage, celery, onion, bell pepper, minced garlic, diced tomatoes (with their juices), dried oregano, dried basil, red pepper flakes, black pepper, and salt (if using) to the slow cooker with the cooked meat. Stir to combine all ingredients thoroughly.
4. Pour the beef broth over the mixture in the slow cooker. Stir again to combine.
5. Cover the slow cooker with its lid and cook on high for 5-6 hours, or on low for 6-8 hours, until the vegetables

are tender and the flavors are well combined.

6. Once cooked, taste and adjust seasoning if necessary.
Serve hot and enjoy this hearty cabbage soup!