

SOUTHERN STYLE CABBAGE SOUP

Ingredients:

1 small head of cabbage-chopped
2 lbs of lean ground beef
2 14 1/2 cans of stewed or diced tomatoes
1 can of rotel
2 8 oz cans of tomato sauce
1 large onion chopped
4 stalks of celery finely-chopped
1 small bell pepper finely-chopped
Diced potatoes
2 tbs of salsa; optional
Knorr Beef Broth, makes three cups of broth.
Spices; season to taste.
Cayenne pepper
chili powder
4 garlic cloves
pinch of salt
paprika
black pepper
dash of Tony Chachere's Creole Seasoning. I add a lot!
dash of Old Bay Seasoning
dash of Salt-Free Mrs Dash

Instructions:

Sauté celery, onion, bell pepper and garlic in olive oil and set aside
Brown ground beef and drain off fat.

lightly toss cabbage in 4 Tbsp butter until cabbage is tender
Add cabbage and other ingredients until cabbage is tender and
potatoes are soft

Combine all ingredients in dutch oven or large pot and cook
until potatoes are tender.

He says....

"I think y'all can experiment and add green beans, corn,
lentils or any other vegetables that you like. I cook this
often and never make it the same way twice. I really enjoy
experimenting with various spices when I cook and decided to
add Old Bay for an extra depth of flavor. The only thing that
I wouldn't change is the Knorr chicken or beef broth. I've
found the Knorr broth that comes in the individual tubs you
mix with water is superior to other brands because of the
flavor and low sodium content."

source: tomatohero