

Cabbage Soup

2 tbsp. olive oil
1 lb. ground beef
1 large onion, chopped
1 medium head cabbage, chopped
1 16 oz. can beans (preferably Great Northern or Kidney), drained
2 cups water
1 15 oz. can tomato sauce
2 tbsp. beef bouillon
2 tsp. ground cumin
1 15 oz. can beef broth
salt
pepper
sour cream
crackers

Heat oil in a large stockpot. Add ground beef and onion. Saute until beef is browned and onion is translucent. If there is a large amount of fat, drain to leave approximately 2 tbsp. of drippings. Add cabbage, beans, water, tomato sauce, bouillon, cumin and beef broth. Stir to combine and coat the cabbage. Cover pot and bring to a boil. Reduce to a simmer and cook for 3 hours, stirring occasionally. Season to taste with salt and pepper before serving. Garnish with sour cream to taste and serve with crackers.