Beef and Cabbage Soup

**Ingredients**

- 1 onion, diced
- 1 tablespoon garlic, minced
- 1 pound ground beef
- 5 cups cabbage, shredded (about 1 pound)
- 2-3 tomatoes, diced
- 6 cups liquid (broth and water)

**Optional:**

- Can split the 6 cups of liquid any way you want between water and broth.
- Add seasonings like oregano, basil, parsley, chili powder, cumin, onion powder and garlic powder.
- Add extra veggies like carrots and celery!
- Can substitute tomatoes for diced or canned tomatoes, or a small squeeze of tomato paste.
- Add something spicy like diced jalapeños, sriracha, or hot sauce for extra kick!
- Add about 1 tablespoon of Worcestershire sauce and lemon juice for added flavor.

**Serving Options:**

- Serve on a bed of rice, or with a piece of toasted bread to soak up all of the broth flavor!

**Prep Time: 5 minutes**

1. Dice the onion, garlic, and tomatoes.
2. Heat oil or butter in a pot over medium heat. Add onions, garlic, and tomatoes to the pot and cook for about 5 minutes, or until the onions are soft.
3. Add the ground beef to the pot and cook until browned.
4. Add the shredded cabbage, broth, and any additional spices. Bring pot to a boil then turn heat down to medium-low and simmer for about 20 minutes, or until the cabbage is soft.
5. Salt and pepper to taste.
6. Serve and Enjoy!

**Cook Time: 25-30 minutes**

**Cooking Tips:**

- Chop the vegetables and cook the beef beforehand to save time on cooking.
- Can cook rice ahead of time as well. If you are using pre-cooked rice in this recipe, cut down on the amount of liquid you add to the soup since the rice won’t need to absorb as much liquid.