



# #MakeItGAP

## RECIPES

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### HEARTY BEEF AND CABBAGE SOUP

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**YIELD:** 4 Servings

**INGREDIENTS:**

1 pound lean ground beef  
3 cloves garlic, *minced*  
Salt and pepper  
1/2 head cabbage, *chopped*  
1 28 oz. can diced tomatoes  
2 stalks celery, *chopped*  
2 carrots, *chopped*  
1 16 oz. can kidney beans, *drained*  
3-1/2 cups beef stock  
1 Tbsp. Italian seasoning

**PREPARATION:**

In a large pot or dutch oven, add the ground beef and brown. Add the garlic, and salt and pepper to taste. Add chopped cabbage, diced tomatoes, celery, carrots, kidney beans, broth, and Italian seasoning. Bring to a boil, reduce heat, and let simmer for an hour. Garnish with parsley if desired.

*Recipe adapted from [therecipecritic.com](http://therecipecritic.com)*