



Sweet and Sour Cabbage Beef Soup

This has become one of our favorite fall soups. It is unique in flavor. Enjoy!

Ingredients

- 2 Tbsp oil, divided
- 1 lb stew beef cut into 1/2 inch pieces
- 1 med onion chopped
- 1/2 green pepper in 1/2 inch pieces
- 1 med carrot in 1/2 inch pieces
- 1 stick celery chopped
- 1 c. cabbage chopped
- 28 oz tin diced tomatoes
- 8 c. water
- 1/4 c. bovril liquid beef flavored soup base
- 3/4 c white sugar
- 1/2 c. cider vinegar
- 1/4 c. red cooking wine
- 2 Tbsp Worcestershire sce
- 1/2 tsp garlic powder
- 1/4 tsp ground thyme
- 2 Tbsp flour
- 2 Tbsp oil

Preparation

In a 6 qt dutch oven, brown the beef in oil in batches. Remove. Add another Tbsp oil and saute the onion, green pepper, carrot, celery and cabbage for about 10 min. Return beef to pot and add next 9 ingredients. Simmer till veggies are tender, about an hour. Mix together oil and flour and drizzle into

soup. Continue heating till soup thickens slightly. Serve with warm buttered rolls.