

Sweet and Sour (unstuffed) Cabbage Soup

Easier than stuffed cabbage, and healthy, too!

Cook up a pot and use this soup to keep full during all the Seudas coming your way!

Ingredients:

- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 teaspoon dried thyme
- 2 ½ cups thinly sliced peppers
- 1 onion, sauteed until clear
- 6 cups water or beef broth (you can use less to make a thicker soup)
- 1 15-ounce can crushed or diced tomatoes
- 2 tablespoons honey
- 1 tablespoon sweet paprika
- 3 cups coarsely chopped green cabbage or 1 bag of shredded cabbage
- 2 tablespoons cider vinegar
- ¼ teaspoon salt
- Freshly ground pepper to taste

Instructions:

1. Heat oil in a Dutch oven or heavy pot over medium heat.
2. Add beef and thyme, and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes.
3. Stir in peppers and sautéed onion; cook, stirring for 2 to 3 minutes more.
4. Stir in water (or broth), tomatoes, honey and paprika, and adjust the heat so the mixture boils gently.
5. Cook for 15 to 20 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

Makes 6 servings. Count each serving as half a protein - this way you can still have another small serving of protein at your Yom Tov meal.

