

# WHAT'S COOKING?

## Crock-Pot Cabbage Beef Soup

### INGREDIENTS

- 2 tablespoons vegetable oil
- 500g ground beef
- 1 large onion, chopped
- 5 cups chopped cabbage
- 2 (16 ounce) cans red kidney beans, drained
- 2 cups water
- 670g (24oz) tomato sauce
- 3 tbsp beef soup mix
- 1 1/2 teaspoons cumin
- 1 teaspoon salt
- 1 teaspoon pepper



Picture for illustration purposes only.

### DIRECTIONS

1. Heat oil in a large stockpot over medium high heat. Add ground beef and onion, and cook until beef is well browned and crumbled. Transfer beef to a slow cooker. Add cabbage, kidney beans, water, tomato sauce, soup mix, cumin, salt, and pepper. Stir and cover.
2. Cook on high setting for 4 hours, or on low setting for 6 to 8 hours. Stir occasionally. Enjoy!