

# Spicy Cabbage Soup

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## Ingredients:

- 1 lb ground meat (beef, chicken, turkey, lamb, pork)
- 1 medium head of cabbage, chopped
- 1 can diced tomato
- 1 can tomato sauce
- 1 can tomato paste
- 1 cup chicken or beef stock
- 2 cups water
- 1 large onion, chopped or diced
- 1 jalapeno pepper, roughly chopped (optional)
- 2 cloves garlic, chopped or diced
- 1 tbsp extra virgin olive oil
- 2 tsp chili powder
- 1 tsp paprika
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp chipotle powder

## Preparation:

Brown the ground meat in a fry pan or pot. Drain excess fat and liquids.

Meanwhile, in a large soup pot warm olive oil on medium heat and saute the garlic, onion and jalapeno pepper for 1-2 minutes.

Add chicken/beef stock, water diced tomatoes, tomato sauce and tomato paste to the soup pot. Stir until everything is mixed well.

Add all seasonings into the soup broth - chili powder, paprika, cumin, cayenne and chipotle powder. (note: for less spicy soup, reduce or eliminate cayenne and chipotle amounts)

Roughly chop the cabbage and separate it into smaller pieces. Add cabbage into the soup pot and mix into the liquid broth.

Transfer meat from fry pan into the soup pot. Stir until all ingredients are well mixed.

Reduce heat to low-medium and let the soup simmer until the cabbage is soft, approximately 1.5-2 hours.