

# Lindy's Sweet and Sour Cabbage Soup

Serves 8



## Ingredients

2 pounds beef chuck, cut into 1-inch pieces  
Kosher salt and freshly ground black pepper  
1/4 cup neutral oil  
1 large onion, thinly sliced  
4 carrots, diced  
4 cloves garlic, minced  
2 tablespoons sweet paprika  
1 tablespoon tomato paste  
1 small head of cabbage (approx 1 lb), chopped into bite sized strips  
6 cups beef broth  
One 28-ounce can crushed tomatoes  
1 teaspoon Worcestershire sauce  
1/4 cup lemon juice  
1/4 cup brown sugar  
2 bay leaves

## Instructions

1. Preheat the oven to 250 degrees F.
2. Sprinkle the beef with 1/2 teaspoon salt and a few turns of pepper.
3. Heat an oven-safe Dutch oven over medium-high heat and add the oil. When the oil is shimmering, sear the beef all over in batches until deep brown, about 4 minutes per batch. Transfer the beef to a bowl and set aside.
4. Add the onions and cook, scraping up any meat bits from the bottom of the pan, about 3 minutes. Add the carrots, garlic and a pinch of salt and sauté until the onions are translucent, about 5 minutes. Add the paprika and tomato paste and stir to combine; cook for 2 minutes.
5. Add the beef back to the pan and add the chopped cabbage. Then add the broth, crushed tomatoes, Worcestershire sauce, lemon juice, brown sugar, and bay leaves and stir to combine.
6. Bring to a boil, then reduce to a simmer. Cover, transfer to the oven and cook until the beef is tender and can be broken down with a spoon, about 2 hours.

This recipe is adapted from food writer, Molly Yeh.

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### Nutrition Facts

Serving size: 1.5 cups

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Amount per serving

Calories	230
% Daily Value*	
<b>Total Fat</b> 7.1g	9%
Saturated Fat 2g	10%
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 598mg	26%
<b>Total Carbohydrate</b> 22.8g	8%
Dietary Fiber 4.3g	15%
Total Sugars 10.7g	
<b>Protein</b> 19.7g	
Vitamin D 0mcg	0%
Calcium 71mg	5%
Iron 12mg	64%
Potassium 908mg	19%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by: [www.verywellfit.com](http://www.verywellfit.com)