



Our Family Recipes

Beef Cabbage Stew (Soup)

(Big Book of Soups & Stews - Maryane Volls)

Soup

- 1 T vegetable oil
- 1 ¼ pound beef stew meat (brisket)
- 2 yellow onions, sliced
- 2 cloves garlic, minced
- ¼ cup fresh lemon juice
- 2 T firmly packed brown sugar
- 1 can (14 ½ oz) whole tomatoes, coarsely chopped, with juice
- 2 cups beef stock or broth
- 2 cups water
- 2 cups shredded cabbage
- 1/3 cup white raisins (opt)

In a Dutch oven over medium heat, warm oil.

Brown meat on all sides, about 6 minutes.

Add remaining ingredients except cabbage and raisins and mix well.

Cover and simmer over medium-low heat until meat is tender, about 1 hour.

Add cabbage and raisins.

Simmer, covered 30 minutes longer.