



Sweet 'N Sour Cabbage Meat Soup

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 lbs beef stew cubes
- 2 cups oven-roasted tomato sauce/crushed tomatoes
- ½ of a large green cabbage, chopped or shredded
- 8 cups veggie stock
- ½ cup lemon juice
- ½ cup sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon shallot powder

Instructions:

1. Start the Slow Cooker:

Turn your **8-quart slow cooker to High**.

Add **olive oil, chopped onion, and beef cubes** directly into the slow cooker. Let it warm as you prep the remaining ingredients.

2. Chop and Add Cabbage:

While the meat and onion begin to heat, **chop or shred the cabbage**.

Add the cabbage to the slow cooker along with the **tomato sauce, veggie stock, lemon juice, sugar**, and all seasonings.

3. Cook:

Cover and cook on **High for 6 hours** or on **Low overnight**.

The beef becomes tender, the cabbage softens beautifully, and the sweet 'n sour balance deepens with slow cooking.

4. Cool and Store:

Once finished, allow to cool slightly.

Portion into **freezer-safe containers** for easy reheat-and-serve meals throughout the week.