



Low-carb slow-cooked beef and cabbage soup recipe



INGREDIENTS:

For the soup

- 1 pound stew beef, diced and browned in oil (but not cooked through)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 red bell pepper, seeded and finely chopped
- 1 small head green cabbage, shredded (or about 4 cups)
- 1 (15 ounce) can tomato sauce
- 2 bay leaves
- 1 soup bone
- 2 cups water or more for a soupier consistency

For the garnish

- Fresh parsley, finely chopped
- Sour cream

DIRECTION:

- Place all ingredients except garnish in a slow-cooker and cook on high for 4 to 6 hours or on low for 8 to 10 hours.
 - Serve hot, garnished with parsley and a dollop of sour cream.
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