



Cabbage Soup

48 oz. V8 or vegetable juice
2-3 cans diced tomatoes
1 lb. ground beef
4-5 carrots, chopped
1/2 package of celery, chopped
6 green onions, chopped
1 yellow onion, chopped
10-15 oz. mushrooms, chopped
1/2 head of cabbage, chopped
salt, basil, or other seasonings to taste

Add cooked ground beef to vegetable soup and tomatoes in a slow cooker.
Add vegetables. Cook on low for 6-8 hours. Add seasonings to taste.



 **BERGLUND**
Health & Wellness Center
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