

Hamburger Cabbage Stew Serves 8

Ingredients:

1 pound lean ground beef
½ cup diced onions
½ cup diced celery
1 cup diced carrots
½ cup diced carrots
1 cup whole kernel corn
4 cups 1" diced cabbage
1 cup diced potatoes
2 tablespoons Soy sauce
3 cups beef broth
1 tablespoon Worcestershire sauce
1 teaspoon dried parsley
1 teaspoon dried oregano
½ tablespoon black pepper



Procedure:

Brown the ground beef, drain well.
Add diced onion and cook 4-5 minutes while stirring.
Add all remaining ingredients, bring to a boil, reduce to a simmer and cook for 25-30 minutes until all vegetables are tender.