



Barbara's Picks!

Kitchen-tested by Morden's
own Barbara Dixon

Morden's Organic Farm Store

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Beef and Cabbage Soup

1 Tbsp olive oil
1 lb ground beef, lean
1 medium sized onion, diced
1 clove garlic, minced
2 bay leaves
½ tsp each dried thyme, marjoram and salt
¼ tsp pepper
Pinch ground cloves
3 cups chopped cabbage
2 carrots, halved lengthwise and sliced
3 cups sodium reduced beef broth
¼ cup tomato paste
1 cup cooked rice
Lemon wedges

In a large pot, brown beef over medium-high heat, breaking up with spoon. With slotted spoon, transfer to bowl. Drain fat from pan; wipe out pan
Heat oil in same pan over medium heat; cook onion, garlic, bay leaves, thyme, marjoram, salt, pepper and cloves, stirring often, until onion is softened, about 5 minutes.

Stir in cabbage, carrots and celery; cook, stirring, for 3 minutes
Add broth, 3 cups water and tomato paste. Return beef to pan and bring to a boil; reduce heat, cover and simmer until cabbage is tender, about 15 minutes
Stir in rice and heat through, about 32 minutes. Discard bay leaves

Serve with lemon

Makes 4 - 6 servings