

## Chili

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|--------|--------------------------|
| 2 lbs  | Lean Ground Beef         |
| 2      | Celery Ribs; diced       |
| 1      | Onion; diced             |
| 2      | Garlic Cloves; minced    |
| 1      | 15 oz can Kidney Beans   |
| 1      | 15 oz can Tomato Sauce   |
| 1      | 28 oz can Diced Tomatoes |
| 1 tbsp | Chili Powder             |
| 1      | Beef Bouillon Cube       |
| 1 tbsp | Thyme                    |
| 1 tsp  | Parsley                  |
| 1 tsp  | Pepper                   |

Brown ground beef. Add onion, celery and garlic; cook until tender. Stir in remaining ingredients and bring to boil. Reduce heat and simmer, covered, for 1-2 hours. Stirring occasionally.

## Cabbage Roll Soup

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*Taste like a cabbage roll without all the work*

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|----------|--------------------------|
| 1 lb     | Lean ground Beef or pork |
| to taste | Salt & Pepper            |
| 1        | Onion; diced             |
| 2 tsp    | Garlic; minced           |
| 4 cups   | Green Cabbage; shredded  |
| 2        | Carrots; diced           |
| 4 cups   | Water                    |
| 2        | Beef Bouillon Cubes      |
| 1        | 28 oz can Tomato Sauce   |
| 1/2 cup  | Long Grain White Rice    |
| 1        | Bay Leaf                 |
| 3 tbsp   | Brown Sugar              |
| 1 tsp    | Parsley                  |

Brown meat over medium high heat until no longer pink. Season with salt and pepper. Add onion and garlic and saute until tender. Add remaining ingredients except for parsley. Bring to boil and reduce heat to simmer. Cook for about 25 minutes or until rice is tender. Remove and discard bay leaf. Garnish with parsley