

Slow Cooker Beef and Vegetable Soup

1 lb. ground sirloin
1 small yellow onion, chopped
16 oz. shredded cabbage
1 cup green beans, chopped
1 cup celery, chopped
1 red bell pepper, chopped
1 (14.5-oz.) can petite diced tomatoes (with juice)
1 tbs. tomato paste
1 tsp. Italian seasoning
½ tsp. garlic powder
2 tsp. Kosher salt
½ tsp. freshly ground black pepper
4 cups (1 qt.) beef stock
Cooke rice or egg noodles, for serving

Cook ground sirloin in a skillet until browned, stirring occasionally (this can be done up to 3 days ahead of time).

Place all remaining ingredients in the slow cooker, then stir in cooked beef. Cover and cook on high for 4½ hours or low for 9 hours. Serve over cooked rice or egg noodles.

Tip: When reheating leftovers, add a little bit more beef stock to thin it out if needed.



<https://pineapplehouserules.com/>