

Ground Beef and Sauerkraut Soup

Yield: 8 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-cabbage-soup-recipe-sauerkraut>

Ingredients:

- 1 pound lean ground beef very, less than 10% fat
- 3 teaspoons olive oil depending on your pan
- 2 cups homemade chicken stock or 1 can, 14 oz. can chicken broth
- 3 cans beef broth 14 oz. can, depending on how thick you prefer the soup; start with 2 cans and add more if desired
- 1 can diced tomatoes with juice 14.5 oz. can
- 1 can sauerkraut
- juice
- 1 tablespoon stevia granulated, brown sugar, or sweetener of your choice
- 1 tablespoon worcestershire sauce gluten-free if needed
- 4 bay leaves dried
- 3 tablespoons parsley minced, or 1-2 T dried parsley
- 1 teaspoon rubbed sage dried
- 1 onion large, chopped small
- 1 tablespoon minced garlic or less if you're not that fond of garlic
- 2 cups water if needed
- salt
- fresh ground black pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 35 milligrams
4. Fat: 5 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 780 milligrams

9. Sugar: 5 grams

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