



GRASS-FED BEEF VEGETABLE SOUP

By Dr. Cindy Tanzar

This is a very versatile soup that you can tailor to your liking. I often use differing low-glycemic vegetables and replace the cabbage with spinach for more variety. We only use grass-fed beef in our recipes in order to reap the greatest health benefits. [Mountain Run Farm](#) in Sedalia, VA, is a great source for grass-fed beef products and much more. The amount of vegetables doesn't have to be exact. Sometimes I just clean out my frig or add more or less veggies, depending on how much broth I want.

Makes 8 servings.



Ingredients

- 1.5 lbs. ground grass-fed beef
- 1 Tbs. organic coconut or avocado oil
- 1 onion
- 1-2 tsp minced garlic
- 1 can organic tomato sauce
- 1 can organic Italian diced tomatoes (if using regular diced tomatoes, add 2 tsp. Italian seasoning)
- 6-7 cups beef broth or beef bone broth
- ½ head cabbage cut into bite-sized pieces



- 2 small to medium zucchini, quartered and cut into ½ inch pieces
- 5 cups fresh or frozen low-glycemic vegetables (choose from green beans, cauliflower, broccoli, peppers)
- Pink Himalayan salt and fresh-ground pepper to taste

Directions

In a large pot brown ground beef in oil on one side. Turn to brown other side and add onion and garlic, cooking 5 minutes. Add other ingredients. I add 6 cups of broth to start and add more as needed. Bring to a boil and simmer for about a half hour.