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Slow Cooker Spicy Cabbage Beef Soup

Description

Slow Cooker Spicy Cabbage Beef Soup is full of browned ground beef, onion, cabbage and tomatoes. Itâ??s a simple soup, but with so much flavor, plus itâ??s low carb.
Prep Time 15 minutes mins
Cook Time 6 hours hrs

Equipment

- 6-quart slow cooker

Ingredients

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- 1 pound ground beef
- 6 cups chopped cabbage, cut into 1-inch pieces
- 1 medium onion,
- 1 (15-ounce) can crushed tomatoes
- 1 (10-ounce) can Rotel tomatoes and green chiles
- 1 1/3 cups water
- 2 beef bouillon cubes, crumbled
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper

Instructions

1. Brown ground beef in a large nonstick skillet, breaking it apart with a wooden spoon.
2. Place cabbage and onion in a 6-quart slow cooker. Add the cooked ground beef.
3. Add remaining ingredients.
4. Cover and cook on LOW for 6 to 8 hours or on HIGH for 4 to 5 hours.

Category

1. Crockpot Recipes

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