



## GRASS-FED BEEF VEGETABLE SOUP

By Dr. Cindy Tanzar  
(Standard)

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.

This recipe yields 8 servings and covers your protein and vegetable for one meal.



### Ingredients

- 1.5 lbs. ground grass-fed beef
- 1 Tbs. coconut or avocado oil
- 1 onion
- 1-2 tsp minced garlic
- 1 can tomato sauce
- 1 can Italian diced tomatoes (if using regular diced tomatoes, add 2 tsp. Italian seasoning)



6-7 cups beef broth or beef bone broth  
1/2 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.