

Cabbage Soup - Charlene Sacks

1 - 4 oz onion, peeled
1 stalk celery, flowering end removed
2 large carrots
1 - 8 oz potato, peeled
3 cups tomato juice
3.5 lb cabbage without large leaves
4 cups water
1 lb flanken (ask your butcher for the cut)
28 oz canned crushed tomatoes, not drained
1 1/4 c packed dark brown sugar or to taste
1 t lemon juice or to taste
2 t salt or to taste
1/2 t pepper or to taste

1. Place 4 cups water into large stock pot and heat to medium high
2. Cut onion, celery, carrots and potato into chunks. Place in cold water to cover if not using immediately
3. Place above vegetables into food processor and pulse until vegetables are finely chopped
4. Cut cabbage in half and remove V shaped core from both halves. Cut cabbage into 2" chunks; set aside
5. Place flanken into simmering water and allow fat to skim to the top; use a slotted spoon and remove any fat that comes to the surface, about 10 minutes
6. Return all vegetables and cabbage into the pot with the meat. Add tomato juice, canned tomatoes, salt and pepper. Add packed brown sugar and lemon juice
7. Continue cooking for 2.5 - 3 hours until meat is soft, cabbage is tender and soup tastes very flavored. Adjust flavoring
8. Remove meat from pot and place on cutting board; shred meat apart with two forks; stir
9. Serve hot or store in 4 - 1 quart containers. Can be frozen or refrigerated