



Sweet and Sour Cabbage Soup



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



12

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 4 pounds beef shanks bone-in
- ☐ 14.5 ounce canned tomatoes diced with juice canned
- ☐ 3 carrots peeled cut into 3-inch pieces
- ☐ 4 stalks celery with leaves
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon hungarian paprika sweet

- ☐ 1 juice of lemon juiced
- ☐ 1 onion diced peeled
- ☐ 3 onions peeled
- ☐ 16 peppercorns
- ☐ 12 servings salt and pepper black freshly ground to taste
- ☐ 1 head savoy cabbage coarsely chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 12 cups water
- ☐ 0.3 cup sugar white

Equipment

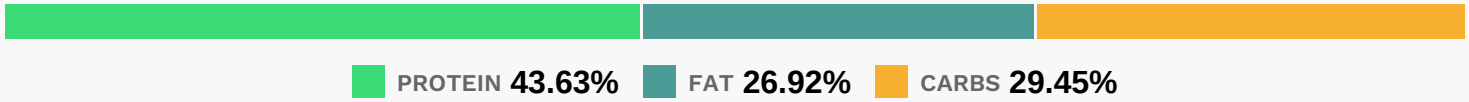
- ☐ pot
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Combine the beef shanks and water in a large stock pot. Bring to a boil and reduce the heat to a very low simmer. Use a strainer to skim off any foam on the surface.
- ☐ Add the carrot pieces, whole onions, celery stalks, bay leaf, and peppercorns. Simmer for 4 hours, skimming the surface occasionally.
- ☐ Strain the stock. Discard the vegetables but reserve the meat. Allow the stock to cool to room temperature, then transfer to a covered container and refrigerate overnight. When the beef shanks are cool, remove the meat from the bones. Discard bones and gristle. Dice the meat and any remaining marrow into small cubes. Cover the container and refrigerate overnight.
- ☐ The next day, heat the vegetable oil in a stock pot or Dutch oven over medium heat. Stir in the garlic and 1 diced onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add the paprika and cook 1 additional minute, stirring constantly. Gradually add the cabbage and cook, stirring occasionally, until slightly wilted and reduced in bulk, about 8 minutes.
- ☐ Remove the beef stock from the refrigerator; skim and discard any fat.
- ☐ Pour the stock into the pot; stir in the reserved chopped beef.

- ☐
- Add the tomatoes with their juice. Bring the soup to a boil, and then reduce the heat to a simmer. Cook the soup, partially covered, until the cabbage is quite soft, about 1 hour.
- ☐
- Stir in the lemon juice, sugar, dill, salt, and pepper.
- ☐
- Add more water, if desired, for a thinner soup. Cook for 5 minutes, uncovered. Taste and adjust the seasonings before serving.

Nutrition Facts



Properties

Glycemic Index:29.91, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:22.910434453384%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 199.21kcal (9.96%), Fat: 6.05g (9.3%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 10.99g (4%), Sugar: 8.45g (9.39%), Cholesterol: 35.38mg (11.79%), Sodium: 113.83mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.05g (44.1%), Vitamin A: 3723.14IU (74.46%), Vitamin K: 62.69µg (59.71%), Vitamin B12: 3.02µg (50.35%), Zinc: 6.68mg (44.55%), Vitamin C: 29.24mg (35.44%), Vitamin B6: 0.67mg (33.31%), Vitamin B3: 5.75mg (28.75%), Selenium: 17.13µg (24.47%), Phosphorus: 239.56mg (23.96%), Folate: 84.25µg (21.06%), Potassium: 688.92mg (19.68%), Fiber: 3.89g (15.57%), Iron: 2.78mg (15.45%), Vitamin B2: 0.26mg (15.33%), Manganese: 0.29mg (14.57%), Vitamin B1: 0.18mg (11.82%), Magnesium: 45.29mg (11.32%), Copper: 0.19mg (9.28%), Calcium: 75.86mg (7.59%), Vitamin B5: 0.61mg (6.05%), Vitamin E: 0.63mg (4.22%)