

A recipe from: *Crock-tober Fest—A Slow Cooker Feast*

## Angel's Vegetable Beef Soup

**Serves:** 8

### **Ingredients:**

- 1 lb. ground beef
- 1 small can of beef broth (low sodium)
- 2 cans of Veg-all (low sodium or no salt added)
- 1 can of petite diced tomatoes (no salt added)
- 1 or 2 cans of diced potatoes
- 2 envelopes of low sodium beef bouillon
- 1 small bag of frozen mixed vegetables
- ½ cup of whole grain barley (Angel's original called for 2 handfuls)
- ½ cup of finely chopped cabbage
- 1 tsp thyme
- Mrs. Dash, to taste ("a good sprinkling" per Angel)
- 2 tablespoons dried vegetable flakes (in the seasonings aisle of store)



### **Directions:**

- Brown ground beef in a skillet. (Rinse off excess fat)
- Put all the ingredients in the slow cooker; add the dried ingredients last. Give it a good stir, blend everything.
- Cook on high for about 2 hours or low for up to 8 hours.



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OSU Extension Office- - Washington County  
1115 Gilman Avenue, Marietta, OH 45750  
740-376-7431

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