

# Beefy Soup (Slow Cooker)

Arlene Waltz

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 8**

*1 pound ground beef  
1 can (48 ounce) V-8 juice  
2 onions, chopped  
2 cups carrots, grated  
2 cans (10 ounce ea) cream  
of celery OR cream of  
mushroom soup  
grated cabbage (optional)*

In a saucepan, brown the ground beef, stirring until crumbly. Drain. Add the V-8 juice, onions, carrots, soup and cabbage, if using. Mix well.

Simmer for several hours.

(Optionally, you may cook in a slow cooker on LOW for eight hours.)

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Per Serving (excluding unknown items): 200 Calories; 15g Fat (68.5% calories from fat); 10g Protein; 6g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 51mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.