



VEGGIE SOUP WITH A KICK

PALEO FOR BEGINNERS BY
ROCKRIDGE PRESS

Ingredients

- 4 slices uncured, nitrate-free, thick-cut bacon, diced
- 1 onion, diced
- 1 green bell pepper, diced
- 2 medium carrots, diced
- 2 zucchini, diced
- 1/2 head cabbage, shredded
- 1 pound grass-fed ground beef
- 1 cup canned tomatoes with juice
- 1 tablespoon chili powder
- 1/2 teaspoon cayenne pepper
- 2 cups chicken or beef stock
- Freshly ground black pepper, to taste



Method

Heat a large pot or Dutch oven over medium-high heat. Add the bacon and cook until crisp. Add the onion and bell pepper and cook until softened.

Add carrots, zucchini, and cabbage, cooking until carrots are slightly tender, approximately 5 minutes.

Add ground beef and cook until browned, and then add tomatoes and seasonings, followed by stock. Bring to a boil.

Reduce heat and simmer until carrots and beef are cooked through. Season with freshly ground black pepper. Serve piping hot.