



Niagara County Office for the Aging
111 Main Street, Suite 101
Lockport, NY 14094
Eat Well...Stay Well Dining Program
439-4030

*Recipe provided by Niagara County Office for the Aging,
Eat Well...Stay Well Dining Program*

Sweet and Sour Cabbage Soup

(served at Bally's Park Place- a Hilton Casino Resort)

Ingredients:

- 2- 8 ounce cans whole plum tomatoes
- 1- 8 ounce can tomato ketchup
- 1- 8 ounce can tomato puree
- 1- 8 ounce can crushed tomatoes
- 1 cup oil – or use less if you wish
- 2 tsp. sour salt
- ½ T. white pepper
- 1 T. garlic
- 1.5 heads of cabbage, diced
- 1 gallon chicken consommé or stock
- 1 cup sugar
- 2 large onions, diced
- 2 lbs. beef brisket, bite sized pieces (cook the brisket first with onion and celery, simmer until tender or use the Crockpot the day before)

To prepare:

Sauté onions in oil until they are lightly browned. Add chicken stock and bring to a boil. Lower heat and simmer. Add remaining ingredients except for brisket of beef and cabbage. Simmer mixture 20 minutes, stirring occasionally. Add cabbage and brisket of beef and simmer slowly 15-20 minutes. Do not boil. Remove soup from stove and allow to marinate overnight. Remember do not boil the soup once the cabbage has been added. You want the cabbage to have texture.

This is a huge recipe- serves 20.

Recipe donated by Dorothy Muniak- NT Senior Center- Club 99 volunteer