

Halupsi Soup

Halupsi Soup photograph and recipe by Gwen Schock Cowherd, White Bear Lake, Minnesota, March 2013

1 pound lean ground beef or ground turkey
1/2 cup chopped smoked ham
1 cup onion, diced fine
1/2 cup celery, sliced fine
1/2 cup fresh parsley, chopped fine
4 cups of water
2 cups beef broth
1 cup tomato sauce
4 cups canned stewed tomatoes
1/2 cup uncooked brown rice
1 small potato, cubed small
3 cups cabbage, chopped fine
1 tablespoon sugar
1 large bay leaf
3 beef bouillon cubes
1 tablespoon Mrs. Dash's original-blend seasoning
1/2 teaspoon pepper
Few shakes of garlic powder



1. Fry meet in large soup pot over medium heat breaking up the meat as it fries to make it very fine. If you use turkey, add and heat a little olive oil in pan before frying.
2. When meat is half-way cooked through add the onion, celery and parsley. Continue to cook meat and vegetables until onions are translucent. Drain off fat.
3. Add water, broth, tomato sauce, diced stewed tomatoes and spices, bring to a light boil.
4. Add rice and cabbage. Simmer for a couple hours.
5. Best if cooled and served the next day.

Note: This soup will be quite thick. If you like a thinner soup, just add another cup of water and maybe another bouillon cube. When I made it I used ground turkey and dried parsley. The smoked ham I used was left over from my Christmas ham. I always make an extra-large ham at holidays so I have leftovers to dice, package, and freeze to have on hand to add extra flavor to soups and casseroles. I added no salt and used low-salt bouillon cubes. Buttered bread or buttered saltines are good served with this soup.