

# Chili Soup

Thom Hackett

Servings: 6



This soup is liken to "Shoney's" Chili Soup that they serve almost daily. I think mine has a better taste but then I am a little bias. You try it and see for yourself.

## Ingredients

1 pound ground beef  
1 small onion, minced  
1 teaspoon salt  
1 (16 oz.) can kidney beans, drained and rinsed\*  
1 (28 oz.) can tomatoes, with juice  
2 cups shredded cabbage  
3 tablespoons chili powder  
2 cans chicken broth  
8 ounces whole kernel corn, if canned then drained and rinsed

## Cooking Method

Cook and stir meat, onion, and salt until meat is brown.

Stir in remaining ingredients and cook for 30 minutes.

Serve hot.

It is important to rinse beans thoroughly before adding them to soup or other dishes. It is equally important to soak dry beans and then rinse them thoroughly after soaking. This relieves the gases that are present in beans that effect some people.