
Gefuellte Nudelsuppe (German Soup with Filled Noodles)

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

2 pounds beef
salt
pepper
celery salt
1 onion
1 cup tomatoes (more if needed)
2 carrots, sliced
1 cup chopped cabbage
1 cup minced celery
2 tiny red peppers
1/2 cup rice
1 egg
3 tablespoons water
1 cup flour
1 pound seasoned ground beef, cooked

In a pot, boil the two pounds of beef in 1/2 gallon of water. When it has come to a boil, skim and add salt and pepper to taste, a pinch of celery salt, onion, and one cup of tomatoes. Simmer for at least two hours.

Add the carrots, cabbage, celery, tiny red pepper, more tomatoes if desired and 1/2 cup of rice. Cook for another hour.

In a bowl, beat the egg. Add the water and one cup of flour (or enough to roll). Roll on a floured board and cut into two inch squares. Place 1/2 teaspoon of the seasoned ground meat on each square. Fold and pinch the ends together. Add the squares to the soup and simmer for another 30 minutes.

Per Serving (excluding unknown items): 406 Calories; 23g Fat (51.3% calories from fat); 24g Protein; 24g Carbohydrate; 1g Dietary Fiber; 103mg Cholesterol; 80mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.