

## Junior Nordic Soup

### Ingredients:

- 3 polska kielbasa sausages
- 4-6 carrots, sliced
- 1 lb green beans, cut
- 4-5 potatoes, cubed
- 1 quart beef stock
- ½ tbsp. caraway seeds
- 1 ½ tsp. nutmeg
- 1 ½ tsp. marjoram
- Salt & pepper

Cook in a slow cooker up to 7 hours (3-4 hours on high)

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Cube the potatoes



Cut up the green beans



Slice up the carrots. We chose colorful ones. Just because.



Slice up the sausages.





Pour some beef stock in a slow cooker. We used a pot because our slow cooker seems tremendously under-powered. We also used turkey / chicken stock. And added onions. Jani calls this the, "Colorado Orthodox Version".



Add in everything else you chopped up.



Add in the spices too.





Add in some more stock until you've got decent coverage of stock over the ingredients. We actually used closer to two quarts. Don't believe the directions. It's soup. It varies. Let it simmer for a few hours, until the potatoes are nice and soft or until nobody can bear waiting for dinner any longer.



Serve!