

Cabbage Roll Soup

Adapted from Sweet Recipeas



Servings: 10

1. Using a large stock pot add olive oil and cook the ground beef over medium-high heat, breaking up with a potato masher or meat masher. Drain the fat from the ground chuck, leaving about a tablespoon of drippings.
2. Add cabbage, onions, celery, carrots, and garlic and cook until vegetables begin to soften, about 10 minutes.
3. Add the both types of broth, rice, canned tomatoes, mushroom soup base, sugar, Worcestershire, thyme, and bay leaf and bring to a boil. Reduce heat medium-low and simmer soup until the cabbage and rice are tender, about 30 minutes.
3. Remove pot from heat and add dill, parsley, and lemon juice. Discard the bay leaf and season well with salt and pepper. Serve hot with grated cheese and Italian parsley as garnishes.

- 1 1/2 pounds ground beef, or ground chicken or a combination
- 1 tablespoon olive oil
- 5 cups cabbage, chopped
- 3/4 cup onions, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 tablespoon minced garlic
- 7 cups low sodium beef broth
- 4 cups vegetable broth, or chicken broth
- 1 tablespoon sugar, or sugar substitute
- 14 ounces canned tomatoes, diced
- 1 tablespoon mushroom soup base
- 1/3 cup rice
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried thyme
- 1 bay leaf
- 3 sprigs fresh dill, chopped
- 3 tablespoons parsley, chopped
- 3 tablespoons lemon juice
- red pepper flakes to taste
- salt and pepper to taste
- 3 cups grated Cheddar cheese, for garnish
- 6 tablespoons flat leaf parsley, chopped, for garnish

Per Serving (excluding unknown items): 367 Calories; 23g Fat (56.7% calories from fat); 24g Protein; 16g Carbohydrate; 3g Dietary Fiber; 80mg Cholesterol; 1055mg Sodium; 8g Total Sugars; trace Vitamin D; 322mg Calcium; 3mg Iron; 618mg Potassium; 330mg Phosphorus. Exchanges: 1 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com