

Everything Herbal

by Cheryl Jabz

Cheryl's Cabbage Roll Soup

A hearty, comforting soup with ground beef, cabbage, rice, and tomato-rich broth—bringing the cozy flavor of classic cabbage rolls to an easy one-pot meal.

INGREDIENTS

- 1 1/2 lbs ground beef
- 4 cups beef broth
- 8 oz tomato sauce
- 1/2 cup uncooked long-grain rice
- 1 bay leaf
- 3 tsp brown sugar
- 2 tsp parsley
- 1 tsp olive oil
- Pinch of salt and pepper
- 1 onion, diced
- 2 tsp minced garlic
- 4 cups chopped green cabbage
- 2 carrots, sliced



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DIRECTIONS

- 1 In a large pot, heat the olive oil and add the ground beef. Season with salt and pepper and cook for about 6 minutes.
- 2 Add the garlic and onion and cook about 4 minutes more.
- 3 Add the carrots, cabbage, beef broth, rice, tomato sauce, bay leaf, and brown sugar.
- 4 Add a little more salt and pepper to taste.
- 5 Simmer and cook about 26 minutes, or until the rice is tender.
- 6 Serve with bread.



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