

Stuffed Cabbage Soup

By: Julia Cassidy, MS, RD, CEDRDS

Prep Time 20 minutes

Cook Time 40 minutes

Total Time 1 hour

Servings 8

Ingredients

- olive oil
- 1 cup chopped sweet yellow onion
- 2 medium garlic cloves minced (do you have a garlic press? you should.)
- 1 teaspoon seasoned salt (I use garlic or onion salt)
- 2 pounds lean ground beef
- 30 ounces diced tomatoes canned
- 30 ounces plain tomato sauce canned
- 1/3 cup Worcestershire sauce
- 2 Tablespoon A1 sauce (optional)
- 6 cups chicken or beef stock (I use 2 cup beef stock and 4 cups chicken stock)
- 1 head cabbage chopped
- 3 cups quick cooking white rice

Directions

1. In a large stock pot sauté onion, garlic, and seasoned salt in a small amount of olive oil until mixture is aromatic and onions are translucent.
2. Add ground beef, cook and bring to a simmer.
3. Add diced tomatoes, tomato sauce, Worcestershire sauce, A1 sauce and 4 cups chicken/beef stock.
4. Bring back to a simmer.
5. Stir in cabbage and cook on medium/low covered about 20 minutes until cabbage is wilted and softened.
6. Stir in rice and cover until rice is ready.
7. Stir in remaining chicken stock, as needed until desired consistency is reached.
8. Enjoy!



**Sometimes I use the Trader Joe's frozen brown rice. Use 2 packs, follow microwave directions and add after the cabbage cooked for 20 minutes.*