

Stuffed Cabbage Soup

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Adapted from Kitchen Fun With My Three Sons

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:63251cab6b47a22936042630>

- 2 tsp. olive oil
- 1 pound 96% lean ground beef
- salt and pepper
- 1 medium yellow onion diced finely
- 2 cloves garlic minced
- 4 cups chopped green cabbage
- 2 medium carrots quartered and sliced
- 4 cups low-sodium beef broth
- 3 8 oz cans tomato sauce
- 1/2 cups rice uncooked
- 1 bay leaf
- 2 Tbsp light brown sugar or brown sugar substitute
- 2 Tbsp fresh chopped parsley

1. In a dutch oven or large soup pot, heat oil over medium-high heat and add ground beef.
2. Season ground beef with salt and pepper as desired and cook until browned.

3. Add diced onion and minced garlic and cook for another 2-3 minutes, until onions are tender.
4. Add in chopped cabbage, carrots, tomato sauce, beef broth, white rice, bay leaf, and brown sugar and stir to combine.
5. Bring soup to a simmer and let cook for about 25 minutes, until rice is tender.
6. Take out the bay leaf and sprinkle with chopped parsley.

Main Course
soup