

# STUFFED CABBAGE SOUP

Preparation: 20 minutes | Additional : 40 minutes | Servings: 4

## INGREDIENTS

1 ½ pounds lean ground beef  
15 ounce can no-salt-added tomato sauce  
4 cups chopped green cabbage  
4 cups unsalted chicken broth  
2 cups chopped yellow onion  
1 ¼ cup chopped carrots  
1 cup chopped celery  
¼ cup medium-grain brown rice  
2 tablespoons light brown sugar  
2 tablespoons chopped fresh parsley (optional)  
2 tablespoons EVOO  
1 tablespoon smoked paprika  
1 teaspoon salt  
¼ teaspoon ground pepper  
¼ teaspoon cayenne pepper



## INSTRUCTIONS

Start by heating your oil in a large, heavy pot over medium-high heat. Add the ground beef; cook, stirring often, until the meat is cooked through and starting to brown slightly, 6 to 7 minutes. Add your cabbage, onion, carrots and celery; cook, stirring often, until the onion is translucent, about 5 minutes. Next, add your brown sugar, paprika, salt, pepper and cayenne pepper to the ground beef mixture; cook over medium-high heat, stirring constantly, until the spices are toasted, about 1 minute. Stir in the tomato sauce and broth, scraping the bottom of the pot with a wooden spoon to release any browned bits. Bring the soup to a boil over medium-high heat. Stir in the rice. Reduce the heat to low; cover and cook until the rice is tender, 30 to 35 minutes. If desired, sprinkle with parsley before serving. Enjoy!