

Cabbage Roll Soup

Ingredients

- 1 Tbsp. vegetable oil
- 1 1/2 lbs lean ground beef, chicken or turkey
- Salt and freshly ground black pepper
- 1 large yellow onion, chopped
- 2 large carrots, chopped
- 5 cups packed chopped cabbage
- 2 cloves garlic, minced
- 1 container (950 ml) low-sodium beef broth
- 3 (14.5 oz.) cans diced tomatoes
- 2 Tbsp. packed light brown sugar
- 1 1/2 tsp dried paprika
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 bay leaves
- 3/4 cup uncooked rice

Equipment:

- Colander to wash vegetables
- Knives – 3
- Vegetable peeler
- Cutting board – 3
- Can opener
- Measuring cups (dry)
- Measuring spoons
- Large frying pan
- Large pot
- Mixing spoons -2
- Ladle

Directions

1. Cook beef (chicken or turkey) in a large frying pan over medium-high heat until browned.
2. Add onion and carrots to a large pot and cook for 4 minutes.
3. Add cabbage and garlic to large pot and cook for 2 minutes.
4. Pour in beef broth, tomatoes, brown sugar, paprika, oregano, thyme and bay leaves.
5. Add beef to soup mixture.
6. Add rice, cover pot and reduce heat and simmer until rice is cooked through, stirring occasionally, about 25 minutes.
7. Add more beef (or chicken) broth if it is too thick.