

Cabbage Roll Soup Recipe Card



Ingredients

- 1 pound ground beef
- 1 small green cabbage, chopped (about 6–7 cups)
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 can (28 ounces) crushed tomatoes
- 6 cups beef broth
- 1 cup cooked white rice
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon olive oil
- Optional parsley for garnish

Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat.
2. Add ground beef and cook until browned. Drain excess grease if needed.
3. Stir in onion and cook until softened, about 3–4 minutes. Add garlic and cook 30 seconds.

4. Add tomato paste, crushed tomatoes, Worcestershire sauce, broth, and seasonings. Stir well.
5. Add chopped cabbage and bring to a gentle boil.
6. Reduce heat and simmer for 25–30 minutes until cabbage is tender.
7. Stir in cooked rice during the final few minutes of cooking.
8. Serve warm and garnish with parsley if desired.

Notes

- For a lower-carb version, replace rice with cauliflower rice.
- Soup thickens as it sits; add broth when reheating if needed.
- Freeze without rice for best texture after thawing.
- Great for meal prep and leftovers.

Equipment

- Large soup pot or Dutch oven
- Cutting board
- Sharp knife
- Wooden spoon
- Measuring cups and spoons

Recipe Tips

- Chop cabbage into bite-sized pieces so it cooks evenly.
- Add rice near the end to prevent it from becoming overly soft.
- Let the soup rest for 5–10 minutes before serving for deeper flavor.