



INGREDIENTS:

- 1 lb lean ground beef (450 g)
- 1/2 lb ground sausage (225 g)
- Salt and freshly ground black pepper
- 1 large yellow onion , chopped
- 2 medium carrots , quartered and sliced
- 5 cups (packed) chopped cabbage (about 500 g)
- 4 cloves garlic, minced
- 5-6 cups low-sodium beef broth(1-1.4 L)
- 2 (8 oz) cans tomato sauce (230 g)
- 1 (14.5 oz) can petite diced tomatoes (410 g)
- 1 Tablespoon Worcestershire sauce (15 mL)
- 1 1/2 teaspoons smoked paprika
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 bay leaf
- 3/4 cup dry jasmine or long-grain white rice (135 g)
- Juice from 1/2 of a small lemon
- 2 Tablespoons chopped fresh parsley

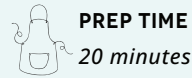


TOOLS USED:

[-Dutch Oven](#)

EASTERN EUROPE

Cabbage Roll Soup



PREP TIME
20 minutes



COOK TIME
30 minutes



SERVINGS:
8

A deconstructed version of the classic Eastern European dish, in cozy soup form.

DIRECTIONS:

1. Heat a Dutch oven or large soup pot over medium-high heat. Cook ground beef and pork, breaking it up into small pieces, until browned.
2. Add onion and cook for 2 minutes. Add garlic. Add carrots and cabbage and cook 2 minutes.
3. Add beef broth, tomato sauce, diced tomatoes, brown sugar, Worcestershire, paprika, oregano, thyme and bay leaf. Bring to a simmer.
4. Stir in rice.
5. Cover pot, reduce heat and simmer for about 25 minutes, stirring once or twice during cooking, until rice is cooked through.
6. Add additional beef broth if you'd like to soupier. Taste soup and season with additional salt and pepper if needed. Remove bay leaf. Stir in lemon juice and parsley. (I enjoy this soup with a few dashes of crushed red pepper flakes on top, too).

NOTES:

Yield: 10-12 cups, **Serving Size:** about 1 1/2 cups

Make Ahead Instructions: this soup reheats great if you want to make the whole thing in advance.

Freezing Instructions: Freeze for up to 3 months