

# Cabbage Roll Soup

This hearty cabbage roll soup captures all the flavors of traditional stuffed cabbage rolls in an easy one-pot meal.

Perfect comfort food recipe.

15 min

PREP

35 min

COOK

50 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion
- 2 clove garlic
- 4 cup cabbage
- 1 cup rice
- 1 tbsp paprika
- 1 tsp oregano
- 1 tsp salt
- 1 tsp black pepper
- 1 bay leaf

## Instructions

### 1 Brown the ground beef

Heat 1 tablespoon olive oil in a large heavy-bottomed pot or Dutch oven over medium-high heat. Add 1 pound ground beef and cook, breaking it apart with a wooden spoon, until no pink remains and meat is browned, about 5-6 minutes.

2 Add 1 diced onion and 2 minced garlic cloves to the pot with the beef. Cook, stirring frequently, until onion is soft and translucent, about 3-4 minutes.

### 3 Add seasonings and tomatoes

Stir in 1 tablespoon tomato paste, 1 teaspoon paprika, 1 teaspoon dried thyme, and 1 teaspoon salt. Cook

until fragrant, about 30 seconds. Add 1 can (14.5 oz) diced tomatoes with their juices and stir to combine.

#### 4 **Add liquid and rice**

Pour in 4 cups beef or vegetable broth and add 1 cup uncooked white rice. Add 1 bay leaf and bring mixture to a boil over high heat.

#### 5 **Add cabbage and simmer**

Add chopped cabbage from 1 medium head (about 6-8 cups) to the pot. Reduce heat to medium-low, cover, and simmer until rice is tender and cabbage is soft, about 20-25 minutes.

#### 6 **Finish and serve**

Remove bay leaf and taste for seasoning, adding more salt and pepper as needed. Ladle into bowls and serve immediately while hot.

## Tips

Brown the ground beef thoroughly to develop deep, rich flavors before adding other ingredients.

Slice the cabbage thinly and uniformly to ensure even cooking and the perfect texture in every spoonful.

Use high-quality beef or vegetable broth as it significantly impacts the soup's overall flavor profile.

Don't skip the bay leaf - it adds an essential aromatic element that enhances the traditional cabbage roll taste.

Add the rice at the right time to prevent it from becoming mushy; it should be tender but still have a slight bite.

Taste and adjust seasonings at the end of cooking, as flavors concentrate during simmering.

Let the soup rest for 10 minutes before serving to allow flavors to settle and the temperature to equalize.

For extra richness, stir in a tablespoon of tomato paste along with the other tomato ingredients.