



Noreen's Kitchen

Stuffed Cabbage Soup

Ingredients

2 pounds ground beef	1 teaspoon onion powder
1 medium onion, chopped	1 teaspoon garlic powder
1 medium head of cabbage, chopped	1 teaspoon celery seed
2-28 ounce cans crushed tomatoes	1 teaspoon sea salt
1 1/2 cups parcooked/converted rice	1 teaspoon cracked black pepper
4 cups chicken stock, heated	1 teaspoon dried basil leaves
2 cups water, heated	

Step by Step Instructions

Brown ground beef in a large stock pot until no pink remains.

Add onion, spices and rice and stir well, cook until the onion is tender.

Stir in cabbage and wait for it to wilt a bit.

Add in crushed tomatoes, stock and water and stir well.

Simmer covered over medium low heat for 30 minutes or until rice is cooked.

NOTES:

You can use regular long grain rice if you choose, it will just take longer to cook and a bit more water.

You can use tomato juice instead of water or even vegetable juice if you prefer.

The soup will thicken as it cools. When reheating you may want to add more stock or tomato juice to maintain the flavors. Adding water will dull the flavors that you have worked so hard to achieve.

Serve this with some rye bread and butter and you are not going to believe how much this tastes just like cabbage rolls, without all the work!

Enjoy!