



Cabbage Roll Soup

HEALTHY CHOICE MEAL KIT

SHOPPING

PRODUCE

- 1 onion
- 1 green cabbage
- Carrots
- 1 (15 oz.) can diced tomatoes
- 1 (15 oz.) can tomato sauce or pasta sauce

PROTEIN AND DAIRY

- 1 lb. ground beef or turkey

GRAINS

- 1 lb. long-grain white rice

OTHER

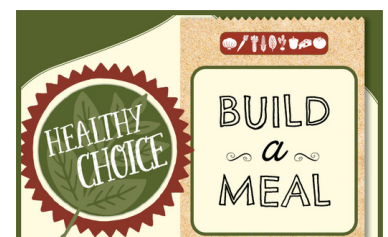
- 4 cups beef broth (low sodium or sodium-free)

THE OPEN DOOR SEASONING KIT

- 2 Tbsp. brown sugar
- 1 Tbsp. dry parsley
- 1 1/2 tsp. paprika
- 1 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder (in place of 2 cloves minced garlic)
- 1/8 tsp. ground nutmeg
- 1 bay leaf

Questions?

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Makes 8 - 10 servings

Cabbage Roll Soup

HEALTHY CHOICE MEAL KIT

RECIPE

INGREDIENTS

- 1 lb. Cabbage (1/2 a medium head)
- 2 Carrots (medium)
- 1 Onion, medium
- 1 Tbsp. Olive or vegetable oil
- 1 lb. Ground beef or turkey
- 4 cups Beef broth (or 4 beef bouillon packets + 4 cups water)
- 1 cup Water
- 1 (15 oz.) can Diced tomatoes
- 1 (15 oz.) can Tomato or pasta sauce
- 1/2 cup Long-grain white rice (uncooked)
- 1 Seasoning packet*
- 1 Tbsp. Vinegar (cider, white, rice)
- 1 Tbsp. Worcestershire sauce, optional

2 Tbsp. brown sugar, 1 Tbsp. dry parsley, 1 1/2 tsp. paprika, 1 tsp. kosher salt, 1/4 tsp. black pepper, 1/4 tsp. garlic powder, 1/8 tsp. nutmeg, 1 bay leaf*

**In future batches of this recipe, you can substitute 2 cloves of fresh garlic, minced.*

INSTRUCTIONS

1. Chop the cabbage into 1-inch pieces, discarding the core; transfer the cabbage to a bowl. Peel and chop the carrots and add them to the bowl.
2. Peel and dice the onion. Heat the oil in a large pot over medium-high heat. Add the onion and ground beef or turkey (and fresh garlic, if using). Cook, breaking up the meat, until the meat is cooked and the onion is softened, about 10 minutes.
3. Add the beef broth and 1 cup water (or 4 bouillon packets and 5 cups water). Add the diced tomatoes, tomato sauce, seasonings, vinegar & optional Worcestershire sauce. Stir to combine and bring to a boil.
4. Add the cabbage, carrots, and rice. Reduce heat to a simmer. Cook, covered, stirring occasionally, until the rice and cabbage are tender, about 30 minutes. Mix well before serving.

Recipe adapted from thekitchn.com

How did the recipe go?

We want your feedback!

Call 978-283-6776 or visit FOODPANTRY.org for a short survey!

