

Stuffed Cabbage Roll Soup

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-juices-recipe-indian>

Ingredients:

- 12 ounces italian sausage
- 1 onion diced
- 4 cups green cabbage chopped or thinly sliced
- 3 cloves garlic
- 2 cups veggies extra, such as diced zucchini, carrots, bell peppers, or baby spinach, optional
- 2/3 cup rice uncooked
- 14 ounces diced fire roasted tomatoes or regular diced tomatoes
- 3 cups vegetable juice
- 5 cups broth veggie or beef, plus more as needed.
- 1/4 cup fresh basil minced
- salt
- pepper
- olive oil

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 35 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 12 grams
7. SaturatedFat: 5 grams
8. Sodium: 1220 milligrams
9. Sugar: 4 grams

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