

# Cabbage Roll Soup

Yield: 8 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-cabbage-roll-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 1/2 pounds lean ground beef
- salt
- freshly ground black pepper
- 1 yellow onion large, chopped, 1 3/4 cups
- 2 large carrots chopped, 1 1/4 cups
- 5 cups cabbage packed chopped, 16 - 19 oz
- 3 cloves garlic minced
- 29 ounces beef broth low-sodium
- 24 ounces tomato sauce
- 29 ounces petite diced tomatoes
- 2 tablespoons light brown sugar packed
- 1 tablespoon worcestershire sauce
- 1 1/2 teaspoons paprika dried
- 1 teaspoon dried oregano or 1 Tbsp chopped fresh
- 3/4 teaspoon dried thyme or 2 1/2 tsp chopped fresh
- 2 bay leaves
- 3/4 cup long-grain white rice
- 1 tablespoon fresh lemon juice
- 1/3 cup fresh parsley chopped

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 55 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 23 grams
7. SaturatedFat: 3 grams

8. Sodium: 880 milligrams
  9. Sugar: 13 grams
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