

Easy Russian Cabbage Roll Soup

Yield: 6 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound lean ground beef
- 1 cup yellow onion chopped, about 1 medium onion
- 1 cup carrots diced, about 2 medium carrots
- 3 tablespoons minced garlic
- 4 cups green cabbage chopped, about half of one head
- 6 cups low sodium chicken broth
- 14 ounces no-salt-added diced tomatoes
- 3/4 cup long-grain white rice uncooked
- 1 teaspoon paprika
- 1 bay leaf
- 1 tablespoon sea salt
- 1 teaspoon sugar
- 1 tablespoon worcestershire
- 1 tablespoon white vinegar
- fresh parsley for garnish, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 1440 milligrams
9. Sugar: 3 grams

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