

# Cabbage and Barley Rice Soup

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-beef-rice-soup-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1/2 onion chopped, any onion will do
- 2 medium carrots sliced
- 1 celery rib chopped
- 3 garlic cloves finely chopped
- 2 pounds cabbage head sliced
- 2 cups beef broth /vegetable or chicken
- 2 cups water
- salt
- pepper
- 1 beef } Bouillon Cube
- 1 teaspoon chili pepper flakes
- gochugaru
- 1 cup rice Barley
- 1 bay leaf dried

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 7 grams
8. Sodium: 720 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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