

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love

Bubbie's CABBAGE ROLL SOUP

Hearty ♥ Comforting ♥ Always a Favorite!

All the delicious flavors of traditional cabbage rolls in a cozy, easy-to-make soup! Tender ground beef, hearty cabbage, rice, and a rich, savory tomato broth make this a family favorite.

PREP TIME	COOK TIME	SERVINGS
15 MIN	40 MIN	6–8

INGREDIENTS

- 1 1/2 lbs ground beef (85/15)
- 1 onion, diced
- 3 cloves garlic, minced
- 4 cups chopped green cabbage
- 2 carrots, sliced or diced
- 1 (14.5 oz) can diced tomatoes
- 8 oz tomato sauce
- 4 cups beef broth
- 1/2 cup uncooked long-grain white rice
- 2 tsp brown sugar
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt and black pepper to taste
- 1 tbsp olive oil



INSTRUCTIONS

1. In a large pot or Dutch oven, heat olive oil over medium-high heat. Add ground beef and cook until browned, about 6 minutes. Drain excess fat if needed.
2. Add onion and cook for 3–4 minutes, until softened. Stir in garlic and cook for 1 minute.
3. Add carrots and cabbage. Cook for 5 minutes, stirring occasionally, until the cabbage begins to soften.
4. Stir in diced tomatoes, tomato sauce, beef broth, rice, brown sugar, bay leaf, thyme, and parsley.
5. Bring to a boil, then reduce heat and simmer for 25–30 minutes, or until the rice is tender and the flavors are well combined.
6. Taste and adjust seasoning with salt and pepper as needed.
7. Remove bay leaf before serving. Ladle into bowls and enjoy with crusty bread!

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