



## Cabbage Roll Soup

Adapted from [Smith Bites](#)

BAH Note: This recipe reminds me of the soup that my grandmother would make with whatever was left at the bottom of the pot after she made stuffed cabbage rolls. Thank you Deb and Rod for helping me keep this food memory alive in my kitchen.

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 pound ground beef
- 28 ounces chopped tomatoes
- 1 head green cabbage, chopped
- 2 cups water
- 2 cups chicken broth
- 1 bay leaf
- 1/2 teaspoon kosher salt
- 3/4 cup cooked rice

Heat the olive oil in a dutch oven over medium heat. Add the onion and cook about 10 minutes until soft. Add the ground beef and salt and cook, breaking the beef up with your spatula, until the beef is no longer pink.

Stir in the tomatoes, water, broth, and bay leaf. Bring to a boil. Reduce the heat to a simmer and cook, partially covered, for 45 minutes or until the cabbage is cooked and tender. Stir in the rice before serving.

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*cabbage roll soup* was posted by wendi on 28 september 2015 at [bonappetitthon.com](#)