



Stuffed Cabbage Soup

- 2 Tbl oil
- 1 small **cabbage** (about 7 cups), chopped
- 1 medium **onion** (about 2 cups), chopped
- 4 cloves **garlic**, minced
- 1 tsp **dried herbs** (basil, oregano, parsley and/or thyme)
- 1 tsp **salt**
- 1 lb **ground beef** (optional)
- 1 (28 oz) can **crushed tomatoes**
- 1 Tbl **brown sugar** (optional)
- 1 cup **cooked rice**
- 3 cups **vegetable or chicken stock**
- **Black pepper** and **Hot pepper** to taste

1. Heat a large pot over medium heat. Add oil.
2. Add the onions and cabbage. Cook for 10-12 minutes or until onions begin to brown.
3. If using ground beef, add it now. Cook 5-7 minutes or until it begins to brown.
4. Add the garlic and continue cooking for 5 minutes.
5. Add tomatoes, stock, herbs, salt and brown sugar. Continue cooking for 20-30 minutes or until cabbage is soft and beef is cooked through.
6. While soup is cooking, cook rice according to package directions.
7. Right before serving, add rice to soup and enjoy.

Makes 6 servings

Nutrition Facts

Serving Size 1/6 recipe
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 730mg **30%**

Total Carbohydrate 46g **15%**

Dietary Fiber 6g **24%**

Sugars 14g

Protein 6g

Vitamin A 8% • Vitamin C 100%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Leftover soup?
Freeze it and
keep it for up
to a year.

Cabbage

Storage: Store cabbage for 3 weeks or more in the fridge. If cooked, store cabbage in a closed container in the fridge for up to a week.

Nutrition: Contains vitamins A, C and K.

Some wilted or brown leaves? Remove and use the rest of the cabbage.



Mix red cabbage and green cabbage in dishes for more color.



The core is tough and not edible.
Remove core before cooking.



Remove stems from boiled cabbage leaves to make stuffed cabbage rolls.

