



# Unstuffed Beef Cabbage Roll Soup

## Ingredients:

- 2 lbs. lean ground beef
- 4½ c. shredded cabbage
- 2 tbsp. minced onions
- 2 (14 oz.) cans garlic fire roasted diced tomatoes, no sugar added
  - o If you can't find fire roasted, use plain and add seasonings
- 2 tsp. onion powder
- 1 tsp. minced garlic
- 2 tsp. salt or to taste
- 1 tsp. black pepper
- 3 c. beef broth (fat free)

## Directions:

1. Heat a skillet over medium high heat; brown ground beef. Halfway through browning, add minced onion and onion powder. Drain any fat.
2. Place browned ground beef mixture in a soup pot or Dutch oven; add remaining ingredients and stir to mix.
3. Bring soup to a boil, cover and turn heat down. Simmer 30 minutes.
4. Adjust seasonings, to taste.

Servings: ¼ of the recipe = 8 oz. lean protein and 2 c. veggies.

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