

Cabbage Roll Stoup



INSTRUCTIONS

- In a large soup pot or Dutch oven, break up ground chuck and saute over medium-high heat with onion, garlic and 1/2 teaspoon of salt. Cook until beef is browned, then drain fat.
- Add cabbage, carrots, brown rice, tomato sauce, ketchup, beef broth, brown sugar, 1 teaspoon kosher salt, black pepper, bay leaves, and apple cider vinegar.
- Bring to a boil, stir, then reduce heat to a simmer and cook covered until rice is tender, 45 minutes to 1 hour, stirring occasionally. Remove bay leaves and serve.
- Stoup will thicken as it cools, add additional beef broth to reheat leftovers if desired.
- Makes great leftovers and freezes well.

SHOPPING LIST

Suzy updated her Mom's delicious but labor-intensive cabbage roll recipe into a hearty and delicious cross between a soup and a stew. A comforting and delicious homey meal!

- 1 1/2 lb. Ingles ground chuck, 80/20
- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 8 cups green cabbage, chopped
- 1 cup carrots, shredded
- 1/2 cup brown rice, uncooked
- 29 oz. can Laura Lynn tomato sauce
- 1/4 cup ketchup
- 32 oz. Laura Lynn Beef Broth
- 4 tablespoons Laura Lynn light brown sugar
- 1 1/2 tsp kosher salt, divided
- 3/4 teaspoon freshly ground black pepper
- 2 bay leaves
- 2 tablespoons Laura Lynn apple cider vinegar