



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 (if you cannot find fire roasted use plain and add spices)
- 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: 4