

CROCK POT CABBAGE ROLL SOUP

If you like cabbage rolls, then you will really enjoy this hearty crock pot soup version. Just take about 15 minutes to put it all together, then just walk away. There is also an option for cooking on the stove top. Using a jar of marinara sauce makes this dish even easier. In just a few short hours, not only will your house smell divine, but you will have a very comforting soup awaiting you when you walk through the door for dinner. We replaced the traditional rice usually found in cabbage soup with cauliflower rice for a weight-loss friendly version. You can lessen or omit the amount of “rice” if you like your soup with more broth versus vegetables. There are 8 servings in this recipe. *Each serving covers your protein and vegetable for one meal.*





INGREDIENTS

- 2 Tbsp coconut or avocado oil
- 2 garlic cloves, minced (can use from a jar)
- 1 cup onion, chopped
- 2 lbs. grass-fed beef (or ground turkey)
- 1/2 tsp dried oregano
- 1 tsp Himalayan sea salt
- 1/2 tsp black pepper, ground
- 16-oz jar marinara sauce (without sugar or very low – check healthy food section of the store)
- 2 cups riced cauliflower
- 5 cups organic beef broth
- 8 cups cabbage (sliced in 1/2" strips and chopped 2" long)



INSTRUCTIONS

Heat oil on medium-high heat. Add onions and sauté until soft, adding in garlic the last minute of sautéing. Add ground beef, cooking until browned and no longer pink.

Place ground beef into crock pot, adding seasonings, marinara, riced cauliflower, broth and cabbage. Stir to combine well.

Cook on high for 3 hours or low for 6 hours.

Stove Top Option

Cook the garlic, onions and ground beef in a Dutch oven or large soup pot. Add all the ingredients and simmer on low, covered, for about an hour or until cabbage is very tender