

# Unstuffed Cabbage Soup

From *–The Skinnytaste Cookbook*

1 lb 93% lean ground beef  
1 1/8 tsp kosher salt  
1 large onion, finely chopped  
3 garlic cloves, minced  
1 1/2 tsp paprika  
1/2 tsp dried thyme  
28 oz can petite diced tomatoes  
8oz can tomato sauce  
5 cups unsalted cooking beef stock  
4 cups chopped green cabbage  
freshly cracked black pepper  
1 cup cooked brown rice

- In a large pot or Dutch oven set over high heat, season the ground beef with 1/4 tsp of the salt and cook, using a wooden spoon to break the meat into small pieces as it browns.
- Drain any fat from the pot and reduce the heat to medium-low.
- Add the onion, garlic, paprika, and thyme and cook until the onions are soft 5-7 minutes.
- Add the tomatoes, tomato sauce, beef stock, and cabbage, and season with the remaining salt and black pepper to taste.
- Bring to a boil, reduce the heat to low, cover, and simmer until the cabbage is soft, about 35 minutes.
- Add the cooked brown rice and simmer 5 more minutes before serving.



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