

- Prep Time: 20 Minutes
 - Cook Time: 45 Minutes
 - Total Time: 1 Hour 5 Minutes
 - Intensity Level: Low to Medium (Requires basic chopping and stirring; no complex techniques)
 - Servings: 6-8 Bowls
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Ingredients

The Base

- 2 tbsp Olive Oil
- 1 lb (450g) Ground Beef (80/20 blend recommended for flavor)
- 1 lb (450g) Ground Pork (Alternatively, use 2 lbs total ground beef/turkey)
- 1 large Yellow Onion, diced
- 3 cloves Garlic, minced

The Vegetables

- 1 medium Green Cabbage (approx. 2 lbs), cored and chopped into bite-sized pieces
- 3 large Carrots, peeled and sliced into coins
- 2 stalks Celery, chopped

The Liquids & Tomatoes

- 6 cups Low-Sodium Beef Broth
- 1 can (28 oz) Crushed Tomatoes
- 1 can (15 oz) Tomato Sauce
- 1 can (14.5 oz) Diced Tomatoes (with juice)

The Rice & Seasonings

- $\frac{3}{4}$ cup Long-Grain White Rice (uncooked)
- 2 tbsp Brown Sugar (or to taste)
- 1 tbsp Worcestershire Sauce
- 1 tsp Dried Thyme
- 1 tsp Dried Oregano
- 1 tsp Smoked Paprika

- ½ tsp Red Pepper Flakes (optional, for heat)
- Salt and Black Pepper to taste

Garnish

- Fresh Parsley, chopped
 - Sour Cream (optional)
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Instructions

Phase 1: The Sauté (Intensity: Medium)

Time: 10 Minutes

1. Heat the Pot: In a large Dutch oven or heavy-bottomed stockpot, heat the olive oil over medium-high heat.
2. Brown the Meat: Add the ground beef and ground pork. Break the meat apart with a wooden spoon. Cook until no longer pink, about 6–8 minutes. Do not drain the fat; it carries flavor.
3. Aromatics: Add the diced onion, celery, and minced garlic to the pot. Sauté for 3–4

minutes until the onions become translucent and fragrant. Season with a pinch of salt and pepper.

Phase 2: The Deglaze & Simmer (Intensity: Low)

Time: 10 Minutes Active / 30 Minutes Passive

4. **Build the Broth:** Pour in the Worcestershire sauce and stir, scraping the bottom of the pot to lift any browned bits (fond). This is where the deep flavor comes from.
5. **Add Liquids:** Pour in the beef broth, crushed tomatoes, tomato sauce, and diced tomatoes. Stir well to combine.
6. **Season:** Add the brown sugar, thyme, oregano, smoked paprika, and red pepper flakes. Stir.
7. **Add Vegetables:** Add the chopped cabbage and carrots. The pot will look very full. Using a large spoon, press the cabbage down into the liquid. It will wilt significantly as it cooks.
8. **Simmer:** Bring the soup to a boil, then reduce the heat to low. Cover and simmer for 25 minutes, stirring occasionally to ensure the cabbage is submerged.

Phase 3: The Rice (Intensity: Low)

Time: 15-20 Minutes

9. Add Rice: After the cabbage has softened (about 25 minutes in), stir in the uncooked white rice.
10. Continue Simmering: Cover and cook for another 15–20 minutes, or until the rice is tender and has absorbed some of the broth.
11. Taste Test: This is crucial. Taste the soup and adjust seasoning. Does it need more salt? More brown sugar to cut the acidity? More pepper? Add accordingly.

Phase 4: Rest & Serve

Time: 5 Minutes

12. Rest: Remove the pot from the heat and let it sit, covered, for 5 minutes. The soup will thicken slightly as it cools.
13. Serve: Ladle into bowls. Garnish with fresh chopped parsley and a dollop of sour cream if desired.

Chef's Notes & Variations

The “Rice” Problem

If you plan on having leftovers, you have two options:

1. Cook Rice Separately: Cook the rice on the side and add it to individual bowls. This prevents the rice from absorbing all the broth and turning into a mushy casserole in the fridge.
2. Embrace the Thickness: If you don't mind a thicker soup (more like a stew), leave the rice in. When you reheat, simply add a splash of beef broth to loosen it up.

Low-Carb / Keto Option

Omit the rice entirely. To mimic the texture of the rice, you can add cauliflower rice in the last 5 minutes of cooking, or simply enjoy it as a hearty meat and cabbage soup.

The “Egg Roll” Twist

For a fun flavor variation, swap the thyme and oregano for ground ginger (1 tsp) and sesame oil (1 tsp) at the end. Add a splash of rice vinegar. It tastes like an egg roll in a bowl!

Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients (e.g., lean vs. regular ground meat) and serving sizes.

Per Serving (Based on 8 Servings):

- Calories: 320 kcal
- Total Fat: 14g

- Saturated Fat: 5g
- Cholesterol: 55mg
- Sodium: 850mg (Adjust by using low-sodium broth and omitting added salt)
- Total Carbohydrates: 30g
- Dietary Fiber: 6g
- Sugars: 12g
- Protein: 20g
- Vitamin C: 60% DV
- Vitamin A: 70% DV
- Calcium: 8% DV
- Iron: 15% DV