

Prep Time: 15 minutes
Cook Time: 40 minutes
Total Time: 55 minutes
Servings: 6-8

Table of Contents

- ◆
 - [Ingredients](#)
 - [Instructions](#)
- [Recipe Summary & Timing](#)
- [Nutrition Information](#)

Ingredients

- For the Soup:
 - 1 lb (450g) ground beef (80/20 or 85/15 recommended for flavor)
 - 1 tbsp olive oil
 - 1 large yellow onion, chopped
 - 3 cloves garlic, minced
 - 1 medium green cabbage (about 2 lbs / 900g), cored and chopped into 1-inch

pieces

- 2 medium carrots, peeled and diced
- 2 stalks celery, diced
- 1 (28-ounce / 800g) can crushed tomatoes
- 1 (15-ounce / 400g) can tomato sauce
- 6 cups (1.5L) low-sodium beef broth
- 1 cup (180g) uncooked long-grain white rice (like Jasmine or Basmati)
- 2 tbsp brown sugar (or to taste)
- 1 tbsp apple cider vinegar
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/2 tsp red pepper flakes (optional, for a little heat)

- Salt and freshly ground black pepper, to taste
- 1/4 cup fresh parsley, chopped, for garnish

Instructions

1. **Brown the Meat (Intensity: Medium-High):** Heat a large Dutch oven or stockpot over medium-high heat. Add the ground beef and cook, breaking it up with a wooden spoon, until it's browned and no longer pink. This should take about 5-7 minutes. Use a slotted spoon to transfer the beef to a plate, leaving about a tablespoon of drippings in the pot.
2. **Sauté the Aromatics (Intensity: Medium):** Reduce the heat to medium. Add the olive oil to the pot if it seems dry. Add the chopped onion, carrots, and celery. Sauté for 5-7 minutes, or until the vegetables have softened and the onion is translucent. Add the minced garlic and cook for another minute until fragrant.
3. **Build the Flavor Base (Intensity: Medium):** Stir in the crushed tomatoes, tomato sauce, beef broth, brown sugar, apple cider vinegar, smoked paprika, oregano, thyme, and optional red pepper flakes. Return the browned beef to the pot. Season with a generous pinch of salt and pepper. Bring the mixture to a simmer.
4. **Add Cabbage and Rice (Intensity: Low):** Stir in the chopped cabbage. It will look like a mountain of cabbage, but it will cook down significantly. Once the cabbage has slightly wilted, after about 5 minutes, stir in the uncooked rice.
5. **Simmer and Cook (Intensity: Low):** Bring the soup back to a gentle simmer, then reduce the heat to low. Cover the pot and let it cook for 25-30 minutes, or until the rice is tender and the cabbage is soft. Stir occasionally to prevent the rice from sticking to the

bottom.

6. Final Taste and Serve (Intensity: Low): Taste the soup and adjust seasoning, adding more salt, pepper, or a splash more vinegar if you like a tangier flavor. Ladle into bowls and garnish with fresh chopped parsley.

Recipe Summary & Timing

- Prep: 15 mins (Chop all vegetables)
- Cook: 40 mins (Brown, Sauté, Simmer)
- Total: 55 mins

Intensity Level:

- Medium-High: 7 mins (Browning beef)
- Medium: 8 mins (Sautéing vegetables)
- Low: 35-40 mins (Simmering)

Nutrition Information

Note: Nutritional information is an estimate and will vary based on the specific ingredients used (e.g., ground beef lean/fat ratio, brand of broth).

Per Serving (based on 6 generous servings):

- Calories: ~420 kcal
- Protein: 26g
- Carbohydrates: 45g
- Fat: 16g
- Saturated Fat: 5.5g
- Fiber: 6g
- Sugar: 12g
- Sodium: ~750mg (can be reduced by using low-sodium broth and draining fat)