



Sauerkraut Cabbage Roll Soup



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 cups beef broth
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 cloves garlic chopped ()
- ☐ 1 pound ground beef
- ☐ 0.5 cup long grained rice (I used brown)
- ☐ 1 tablespoon oil
- ☐ 1 onion diced ()

- ☐ 1 teaspoon paprika hot
- ☐ 0.3 cup parsley chopped (, optional)
- ☐ 6 servings salt and pepper
- ☐ 2 cups sauerkraut with liquid)
- ☐ 2 teaspoons paprika sweet

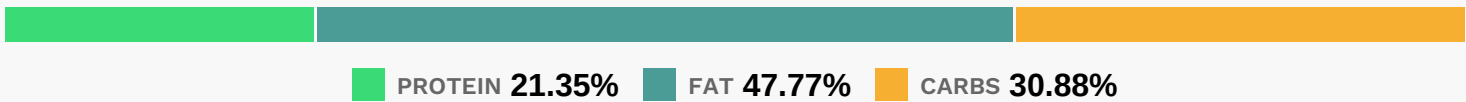
Equipment

- ☐ frying pan

Directions

- ☐ Brown the ground beef and set aside draining the grease from the pan.
- ☐ Heat the oil in the pan.
- ☐ Add the onions and saute until tender, about 5-7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the rice and toast for a few minutes.
- ☐ Add the broth and deglaze the pan.
- ☐ Add the beef, tomatoes, sauerkraut, paprika, bay leaves, salt and pepper and bring to a boil.
- ☐ Reduce the heat and simmer until the rice is cooked, about 20 minutes (50 minutes for brown rice).
- ☐ Remove from heat and stir in the parsley. 1
- ☐ Serve garnished with sour cream. Note: I prefer my soups to be more like stews so I only used 3 cups of liquid but if you prefer something soupier go ahead and use 4 cups of liquid instead.

Nutrition Facts



Properties

Glycemic Index:41.7, Glycemic Load:10.86, Inflammation Score:-7, Nutrition Score:20.478261035422%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 341.29kcal (17.06%), Fat: 18.43g (28.35%), Saturated Fat: 6.24g (38.97%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 21.95g (7.98%), Sugar: 7.59g (8.44%), Cholesterol: 53.68mg (17.89%), Sodium: 1182.11mg (51.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.06%), Vitamin K: 58.1µg (55.33%), Vitamin B3: 6.22mg (31.12%), Vitamin B6: 0.6mg (30%), Vitamin C: 24.15mg (29.27%), Vitamin B12: 1.7µg (28.36%), Manganese: 0.56mg (28.22%), Zinc: 3.89mg (25.93%), Iron: 4.65mg (25.82%), Potassium: 822.39mg (23.5%), Selenium: 15.89µg (22.69%), Phosphorus: 216.05mg (21.61%), Vitamin A: 998.62IU (19.97%), Fiber: 4.86g (19.44%), Copper: 0.39mg (19.44%), Vitamin E: 2.77mg (18.46%), Vitamin B2: 0.24mg (14.4%), Magnesium: 56.88mg (14.22%), Vitamin B1: 0.17mg (11.38%), Folate: 45.35µg (11.34%), Vitamin B5: 1.04mg (10.35%), Calcium: 96.47mg (9.65%)