



Un-Stuffed Cabbage Soup

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



10

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 teaspoon pepper black freshly ground
- 0.5 cup brown sugar
- 1 medium cabbage
- 28 ounce canned tomatoes whole with juice peeled canned
- 1 cup carrots thinly sliced
- 10 servings cream and dill fresh sour for garnish
- 3 cloves garlic minced

- 0.5 cup golden raisins
- 0.3 teaspoon ground cumin
- 2 pounds ground meat your favorite (or blend of veal, pork and beef)
- 0.5 cup catsup
- 0.5 cup juice of lemon fresh
- 2 tablespoons olive oil
- 0.5 medium onion minced
- 1 cup coarsely onion minced
- 1 cup rice uncooked
- 1 tablespoon salt
- 10 servings salt and pepper black freshly ground
- 1 cup tomato paste

Equipment

- bowl
- ladle
- pot
- blender
- potato masher

Directions

- For the meatballs: In a large bowl, combine the ground meat, rice, salt, pepper, cumin and onions. Form into 1-inch balls and set aside while you make the soup.
- For the soup: In a 6-quart pot, sweat the garlic in the olive oil until white in color.
- Add the onions and sweat until translucent. Then add 1 1/2 cups water, the carrots, tomato paste, brown sugar, ketchup and whole tomatoes with juice. Season with salt and pepper and simmer at a lively bubble for 10 minutes. Crush the whole tomatoes with a potato masher or fork. Continue to simmer until the carrots are tender, about 10 more minutes.
- Working in batches, transfer the soup to a blender and blend until smooth but not pureed. Return the soup to the pot.

- Remove the cabbage ribs and cut the leaves crosswise into 1/4-inch ribbons.
- Add the cabbage to the soup and stir to incorporate.
- Add the bay leaf and simmer over medium-high heat for 10 minutes more (the cabbage should be reduced in size).
- Add water to thin the soup to the desired consistency.
- Add the meatballs and simmer for 25 minutes.
- Add the lemon juice and raisins 10 minutes before serving.
- Ladle the soup into bowls and garnish with sour cream and dill.

Nutrition Facts



■ **PROTEIN 17.05%**
 ■ **FAT 40.95%**
 ■ **CARBS 42%**

Properties

Glycemic Index:42.17, Glycemic Load:16.04, Inflammation Score:-9, Nutrition Score:24.037825983504%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 461.59kcal (23.08%), Fat: 21.43g (32.98%), Saturated Fat: 7.47g (46.71%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 44.68g (16.25%), Sugar: 25.47g (28.3%), Cholesterol: 64.41mg (21.47%), Sodium: 1105.69mg (48.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Vitamin K: 78.23µg (74.51%), Vitamin C: 47.14mg (57.14%), Vitamin A: 2700.32IU (54.01%), Vitamin B12: 1.94µg (32.36%), Vitamin B6: 0.6mg (30.06%), Zinc: 4.46mg (29.75%), Manganese: 0.58mg (29.12%), Vitamin B3: 5.59mg (27.96%), Selenium: 18.61µg (26.58%), Potassium: 883.05mg (25.23%), Phosphorus: 235.73mg (23.57%), Iron: 3.57mg (19.83%), Fiber: 4.78g (19.1%), Vitamin B2: 0.27mg (15.92%), Vitamin E: 2.35mg (15.7%), Folate: 60.63µg (15.16%), Copper: 0.27mg (13.73%), Magnesium: 52.46mg (13.11%), Vitamin B1: 0.15mg (9.92%), Vitamin B5: 0.99mg (9.9%), Calcium: 96.11mg (9.61%)