Unstuffed Cabbage Roll Soup

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

1 pound (16 ounces) lean ground turkey (90% or leaner)

1 medium onion, diced (about 1 cup)

1 bag coleslaw mix (or 4 cups of shredded cabbage and carrots)

4 cups (32 ounces) reduced-sodium beef broth

1 (15-ounce) can no-added salt tomato sauce

½ cup uncooked rice

2 tablespoons brown sugar

2 cloves garlic, minced (about 1 teaspoon)

1 bay leaf

½ teaspoon dried oregano

½ teaspoon ground black pepper

Directions

1. Place a large pot over medium heat and add the ground turkey. Break it up as it starts to cook. Add the onion and cook until the onion is softened and the meat is no longer pink, about 6-8 minutes.
2. Add the coleslaw mix, beef broth, tomato sauce, rice, brown sugar, garlic, bay leaf, oregano and pepper.
3. Bring to a boil and reduce the heat to maintain a simmer.
4. Cook until the rice is tender; about 25 minutes for white or quick-cooking brown rice and 45 minutes for regular brown rice.
5. Remove from heat and let rest for 10 minutes.
6. Remove the bay leaf. Serve warm.

Recipe Notes

- Store in the refrigerator for 4 days or freeze for up to 3 months.
- Substitute no-added-salt broth to reduce the sodium content.

Nutrition Facts Per Serving: Calories: 240 | Total Fat: 6 g | Saturated Fat: 2 g
Sodium: 600 mg | Total Carbohydrate: 25 g | Dietary Fiber: 2.3 g | Protein: 20 g

Adapted from the Wholesome Dish| Submitted by Robin LaCroix, RD, CSO
For more recipes, please visit www.nutrition.va.gov

VA | U.S. Department of Veterans Affairs