

Cabbage roll soup

This cabbage soup is welcome right now not only with the winter cold but also it does the greatest good for the body after pancakes and pancakes :).

The benefits of cabbage are multiple, a vegetable difficult to beat in a diet, low in calories, economical, good source of vitamin C, folic acid and fiber, simple and easy to cook. Other benefits like preventing cancer of the lung and digestive system.

* Ingredients :

- 📖 4 cups beef broth
- 📖 8 ounce cans tomato sauce
- 📖 1/2 cup uncooked long-grain rice
- 📖 1 bay leaf
- 📖 3 tsp brown sugar
- 📖 2 tsp parsley
- 📖 2 small spoon olive oil
- 📖 A pinch of salt & pepper
- 📖 1 pound ground beef
- 📖 1 onion diced
- 📖 2 tsp small garlic
- 📖 4 cups chopped green cabbage
- 📖 2 carrots sliced

* Directions :

I – In a large pot , heat the olive oil and add the ground beef and season with ppeper and salt . Cooked ,divided the meat with a spatula until beef is browned, about 6 min . Add the garlic and onion cook about 4 min

II – Add in the pot the carrots/cabbage/beef broth/rice/tomato sauce/bay leaf /and sugar ; and add salt/pepper . Bring and cook about 26 min until rice .

Serve & enjoy !