

# CROCK POT LOW CARB UN-STUFFED CABBAGE ROLL SOUP

## Ingredients

2 tbsp extra virgin olive oil  
2 garlic cloves, minced  
1/2 cup chopped onion  
1/2 cup chopped shallots  
2 pounds ground beef  
1 tsp dried parsley  
1/2 tsp dried oregano  
1 tsp salt  
1 tsp pepper  
16 ounces marinara sauce  
1/2 head cauliflower or 2 cups riced cauliflower  
5 cups beef broth, low sodium  
1 large cabbage or 8 cups sliced

## Instructions

Heat olive oil and garlic on medium high heat.  
Add onions and shallots and cook until softened.  
Add ground beef and cook until browned and no longer pink.  
Add seasonings to beef and marinara sauce.  
Add the riced cauliflower to the beef mixture and stir until coated.  
Pour the beef into the crock pot.  
Pour beef broth into crock pot and add cabbage.  
Stir to combine everything.  
Cook on high 3 hours or low 6 hours. If you don't have a crock

pot, simply cook ground beef in a dutch oven or heavy soup pot, follow recipe and simmer on low, covered for about an hour until cabbage is tender.