



Cabbage Roll Soup Recipe

My Cozy Kitchen Memory

I first made this soup on a very rainy day. My whole family was stuck inside. The windows were foggy from the steam.

It made the house smell so warm and happy. My grandson said it was like eating a big hug. I still laugh at that.

Why This Soup Matters

This soup has all the good stuff from stuffed cabbage rolls. But it is much easier to make. You do not have to roll each leaf.

It matters because it brings people together. A good pot of soup says, “I care for you.” It is a simple way to show love.

The Magic of the Ingredients

Let us talk about the sausage and beef. They make the broth so rich. Doesn't that smell amazing when it starts to cook?

The brown sugar is my little secret. It is not for sweetness, not really. It helps balance the tomatoes. It makes the whole soup taste round and full.

A Fun Fact for You

Fun fact: Cabbage is related to broccoli and cauliflower. They are all part of the same big veggie family. Isn't that neat?

I always add the rice right into the pot. It soaks up all that lovely flavor as it cooks. It makes the soup feel hearty and complete.

Let's Make It Together

My favorite part is adding the chopped cabbage. It seems like a mountain at first. Then it wilts down into something soft and sweet.

While it simmers, the flavors all get to know each other. That is the most important step. You cannot rush a good soup.

Your Turn to Share

What is your favorite soup for a rainy day? Is it chicken noodle or maybe something else? Tell me about it.

Do you like to cook with your family? What is the best thing you have made together? I love hearing your stories.

What is your secret for making a simple meal feel special? Is it a special spice or a way you set the table? Share your ideas with me.



Cabbage Roll Soup Recipe

Ingredients:

Ingredient	Amount	Notes
Ground beef	1 pound	
Mild Italian sausage	½ pound	
Yellow onion	1 large	diced (about 1 cup)
Carrots	2 medium	peeled and diced (about 1 cup)
Garlic	2 teaspoons	minced
Green cabbage	1 small head	chopped (about 6 cups)
Beef broth	5 cups (40 ounces)	
Tomato sauce	1 can (15 ounces)	
Diced tomatoes	1 can (14.5 ounces)	
Light brown sugar	2 tablespoons	packed
Worcestershire sauce	2 tablespoons	
Paprika	1 teaspoon	
Dried oregano	1 teaspoon	
Kosher salt	1 teaspoon	
Ground black pepper	1 teaspoon	
Crushed red pepper	¼ teaspoon	
Long-grain white rice	½ cup (92.5 g)	uncooked
Parsley		chopped for garnish



Cabbage Roll Soup Recipe

My Cozy Cabbage Roll Soup

I have always loved stuffed cabbage rolls. They remind me of my grandmother's kitchen. But rolling each one takes so much time. This soup gives you all that wonderful flavor in one big, happy pot. It's a hug in a bowl, I always say.

See also Pear Galette with Ginger recipe

This recipe is perfect for a chilly afternoon. The smell fills your whole house with goodness. It makes everyone hungry. Let's get our pot ready.

- **Step 1:** Grab your biggest soup pot. We will brown the beef and sausage in it. Use a spoon to break the meat into little crumbles. Cook until it is no longer pink. I still laugh at how my cat sniffs the air when I do this.
- **Step 2:** Now, toss in your onion and carrots. We just want them to get a little soft. Stir them around for a few minutes. Then add the garlic. Doesn't that smell amazing? (A hard-learned tip: don't burn the garlic! It only needs one minute to become fragrant.)
- **Step 3:** Here comes the fun part. Add everything else! That's the cabbage, broth, tomatoes, and all the seasonings. Don't forget the rice. It will cook right in the soup and make it nice and thick. Give it a good stir.
- **Step 4:** Put the lid on your pot and let it simmer. This is when the magic happens. The cabbage gets tender and the rice soaks up the flavor. **What vegetable gives this soup a little sweetness?** **Share below!** Let it cook for about 20 minutes. Then it is ready to eat.

Cook Time 30-35 minutes

Total Time 45-50 minutes

Yield 6 servings

Category Dinner, Soup

Three Fun Twists to Try

I love this soup just as it is. But sometimes, it is fun to change things up. You can make it your own. Here are a few ideas from my kitchen to yours.

- **Meatless Marvel:** Skip the meat and use two cans of beans instead. I like kidney beans. It makes the soup so hearty and good for you.
- **Spicy Kick:** Are you a fan of a little heat? Add an extra teaspoon of crushed red pepper. It will warm you up from the inside out.
- **Autumn Harvest:** Try adding some diced sweet potato with the carrots. It makes the soup taste like a cozy fall day.

See also No-Bake Granola Bars

Which one would you try first? Comment below!

How to Serve Your Masterpiece

This soup is a full meal all by itself. But I always think a little something on the side makes it special. A thick slice of crusty bread is perfect for dipping. My grandson loves a sprinkle of extra parsley on top. It makes it look so pretty.

For a drink, a cold glass of apple cider is lovely. The sweet and tangy taste goes so well with the soup. For the grown-ups, a dark ale is a nice

match. It has a deep flavor that complements the tomatoes and beef.

Which would you choose tonight?



Cabbage Roll Soup Recipe

Keeping Your Cabbage Roll Soup Cozy

This soup is even better the next day. Let it cool completely before storing. It will keep in your fridge for about four days.

You can also freeze it for a cold night. I use old yogurt containers for single servings. Just thaw it in the fridge overnight.

I once reheated a big pot too fast. The bottom scorched and my kitchen smelled smoky. Now I warm it gently on the stove.

Batch cooking saves you time on busy days. It means a warm meal is always close by. That is a true gift for your future self.

Have you ever tried storing it this way? Share below!

Simple Fixes for Common Soup Troubles

Is your soup too thin? Let it simmer with the lid off. The extra liquid will steam away and thicken the broth.

I remember when my rice soaked up all the broth. The soup became too thick. Just add a bit more broth or water to loosen it.

If your soup tastes a little flat, do not worry. A splash of Worcestershire sauce can fix that. It adds a wonderful savory depth.

Knowing these fixes builds your cooking confidence. A small change can make your food taste just right. That is a wonderful feeling.

Which of these problems have you run into before?

See also Creamy Chicken Pasta Soup

Your Cabbage Roll Soup Questions, Answered

Q: Can I make this gluten-free? A: Yes! Use tamari instead of Worcestershire sauce. Check your broth is gluten-free too.

Q: Can I make it ahead? A: Absolutely. The flavors get better after a day in the fridge.

Q: What if I do not have sausage? A: Use all ground beef. It will still be delicious and hearty.

Q: Can I double the recipe? A: Of course! Use your biggest pot. It feeds a crowd or fills your freezer.

Q: Any optional add-ins? A: A can of kidney beans makes it even more filling. *Fun fact: My grandkids always ask for extra beans!

Which tip will you try first?

From My Kitchen to Yours

I hope this soup warms your home. It is a hug in a bowl for chilly evenings. I love sharing these recipes with you.

It would make my day to see your creation. Share a photo of your finished bowl. Let me know how your family liked it.

Have you tried this recipe? Tag us on Pinterest!

Happy cooking!

—Elowen Thorn.

Savorydiscovery.com



Cabbage Roll Soup Recipe



Cabbage Roll Soup Recipe





[Print Recipe](#)

Cabbage Roll Soup Recipe

Author: Elowen Thorn

Cooking Method: [Stovetop](#)



Cuisine: [American](#)



Courses: [Lunch](#) [Dinner](#) [Main](#)

Difficulty: **Beginner**



Prep time: **15 minutes**



Cook time: **45 minutes**

Rest time:

Total time: **1 hour**



Servings: **6 servings**

Calories:**334 kcal**

Best Season: **Summer**

Description

All the comforting flavors of classic cabbage rolls in a hearty, easy-to-

make soup.

Ingredients

- ☐ 1 pound ground beef
- ☐ ½ pound mild Italian sausage
- ☐ 1 large yellow onion, diced (about 1 cup)
- ☐ 2 medium carrots, peeled and diced (about 1 cup)
- ☐ 2 teaspoons garlic, minced
- ☐ 1 small head of green cabbage, chopped (about 6 cups)
- ☐ 5 cups (40 ounces) beef broth
- ☐ 1 can (15 ounces) tomato sauce
- ☐ 1 can (14.5 ounces) diced tomatoes
- ☐ 2 tablespoons light brown sugar, packed
- ☐ 2 tablespoons Worcestershire sauce
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon dried oregano
- ☐ 1 teaspoon kosher salt
- ☐ 1 teaspoon ground black pepper
- ☐ ¼ teaspoon crushed red pepper
- ☐ ½ cup (92.5 g) uncooked long-grain white rice
- ☐ parsley, chopped for garnish

Instructions

1. In a large soup pot or Dutch oven over medium-high heat, brown the ground beef and Italian sausage, breaking it into crumbles as it cooks (8-10 minutes), or until it is no longer pink.
2. Add chopped onion and carrots. Sauté until softened, about 3-5 minutes. Add garlic and cook for an additional 1-2 minutes.
3. Stir in the cabbage, broth, tomato sauce, tomatoes, brown sugar,

Worcestershire sauce, paprika, oregano, salt, black pepper, red pepper, and rice.

4. Bring to a simmer, then reduce heat to low. Cover and cook for 20-25 minutes, or until the rice is cooked through and the cabbage is tender, stirring occasionally.
5. Garnish with parsley. Serve hot.

Notes

For a lighter version, you can use ground turkey instead of beef and sausage. The soup can be stored in the refrigerator for up to 3 days.

Keywords: Cabbage Roll Soup, Ground Beef, Soup, Comfort Food