

Cabbage Roll Soup with Wild Rice

This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep Time: 10 minutes

Cook Time: 50 minutes

Total Time: 60 minutes

Serves 6-8

Ingredients

- 1 pound meatloaf mix (beef/pork/veal)*
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 tablespoon minced garlic
- 2 teaspoons paprika
- 1 teaspoon dried thyme
- 2 quarts beef stock (not broth)
- 28 ounce can crushed tomatoes
- Salt
- 1 small head of cabbage (about 3 pounds), cored and cut into 1-inch pieces
- 1 ½ cup matchstick carrots
- ¾ cup wild rice blend
- 1 tablespoon red wine vinegar



**If you can't find meatloaf mix, substitute ground beef.*

Instructions

1. In a large heavy stockpot, brown the beef over medium-high heat, using a wooden spoon to break it up.
2. After 5 minutes, stir in onion and green bell pepper, reduce heat to medium and continue to cook for 5 minutes, or until onion softens.
3. Stir in garlic, paprika and thyme and cook for 1 minute. Add stock and crushed tomatoes and bring the liquid to a boil. Salt to taste, then reduce heat to medium-low and stir in cabbage, carrots and wild rice. Cover pot and continue to simmer for 35-45 minutes, or until rice is tender.
4. Stir in red wine vinegar and salt once more to taste.