

# Vegan Cabbage Soup

SERVINGS  
5

PREP TIME  
15 MIN

COOK TIME  
30 MIN

TOTAL TIME  
45 MIN

*This comforting soup brings the nostalgic flavors of a classic stuffed cabbage roll with a hearty blend of savory vegan ground beef & tender cabbage in a rich, seasoned tomato broth.*



**ORGANIZING**  
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## Ingredients

## Directions

1

- Drizzle of Olive Oil
- 1 Large Onion
- 2 Ribs Celery

- Dice the onion and celery into even pieces.
- Warm a drizzle of olive oil in a 6-quart stockpot over medium heat.
- Add the diced onion and celery to the pot and sauté for about 3 minutes, stirring occasionally, until they become soft and fragrant.

2

- 1 Pkg Vegan Ground Beef

- Add the vegan ground to your stockpot.
- Cook for about 5 minutes, using a spoon to break it up as it browns, until it is evenly crumbled and fully heated through.

3

- ½ Head Green Cabbage

- While the vegan ground is browning, chop your cabbage into bite-sized pieces and set them aside.

4

- 1 Quart Vegan Tomato Soup (*like Pacific Foods Organic Tomato Basil Soup*)
- 16 oz Vegetable Broth
- 1 tbsp Vegan Worcestershire Sauce
- ½ tsp Salt
- ½ tsp Pepper

- Pour the tomato soup and vegetable broth into the stockpot.
- Then add the Worcestershire sauce, salt, and pepper. Stir well to combine all the flavors.
- Add your chopped cabbage and mix it in thoroughly so everything is evenly distributed.
- Bring the soup to a gentle boil.
- Lower the heat to a simmer and cover the pot with a vented lid. Let it cook for 20-25 minutes, or until the cabbage is perfectly tender.
- Give the soup a quick taste and add a little extra salt and pepper if you feel it needs it.

5

- 1 Cup White Rice

### WHILE THE SOUP SIMMERS

- Separately, prepare the rice according to package directions and set aside.

### TO SERVE

- Ladle the warm soup into bowls and top each one with a generous scoop of the cooked rice. Season with salt and pepper to taste.