Hearty Cabbage and Meatball Soup

Description

Similar in taste to Hungarian-Style Stuffed Cabbage, this hearty soup is made with beef meatballs, chopped cabbage, tomatoes and broad egg noodles. It only takes a little over an hour to prepare, but if you can, make it a day in advance to give the flavors extra time to develop. Served with a green salad, it makes for a satisfying meal.



Summary

Yield: 8
Prep Time: 1 1/2 hours
Category: Soups
Cuisine: American

Ingredients

- 1 medium green cabbage chopped
- 2 tbsp olive oil
- 1 tsp paprika
- 15 oz diced tomatoes with liquid
- 2 1/2 cup beef broth
- 3 1/2 cup tomato juice
- 1 tbsp apple cider vinegar
- 1 tbsp sugar
- 6 oz broad egg noodles cooked and drained
- 1 lbs ground beef
- 1 egg beaten
- 1/2 cup soft breadcrumbs
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tbsp sweet paprika
- 1 clove garlic minced

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- 2 tbsp onion grated
- 1 tbsp vegetable oil

Instructions

Make the meatballs first.

Place the ground beef, egg, breadcrumbs, salt, pepper, paprika, garlic and onion in a large bowl.

Combine thoroughly and form into 1-inch diameter meatballs.

Heat the vegetable oil in a large Dutch oven or heavy pot over medium heat.

Add the meatballs and cook until lightly browned on all sides, 5 to 6 minutes.

Transfer to a plate and set aside.

Discard any fat remaining from the meatballs, add the olive oil to the pan and heat on a medium setting.

Add half of the chopped cabbage and cook, stirring frequently, until the cabbage is soft and wilted, about 6 minutes.

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Add the paprika and some freshly ground black pepper along with the remaining cabbage and continue cooking until all of the cabbage is tender, about 6 to 8 minutes longer.

Stir in the tomatoes, beef broth, tomato juice, Worcestershire, vinegar and sugar.

Bring the mixture to a simmer, add the meatballs, cover and reduce the heat to medium-low. Cook for 45 to 50 minutes.

To serve, place a portion of egg noodles in the bottom of individual serving bowls and ladle the soup over top.

Garnish with chopped parsley if desired.

Notes

taste - may need more salt....