

Cabbage Roll Soup



INGREDIENTS:

2 tablespoons olive oil
2 pounds ground turkey
1 ½ teaspoons salt
1 teaspoon pepper
1 onion, diced
6 garlic cloves, peeled and minced
2 bay leaves
1 teaspoon oregano
1 teaspoon thyme
2 carrots, chopped
1 bell pepper, chopped
5 cups stock or water
14 oz diced tomatoes
16 oz tomato sauce
2 tablespoons Worcestershire sauce
1 head of cabbage, outer leaves and core removed, chopped into 2" pieces
3 tablespoons fresh parsley (or 1 tablespoon dried)

INSTRUCTIONS:

1. To a large pot, add olive oil, ground turkey, salt, and pepper. Heat at medium-high and brown the meat, breaking it up into small pieces as you stir. This takes about 5 minutes.
2. Add the onion, garlic, bay leaves, oregano, and thyme, and cook 3 more minutes.
3. Add all the rest of the ingredients, bring to a simmer, and cook for about 30 minutes over medium heat.
4. Enjoy!

