



## **FARMERS MARKET**

**37685 South Gratiot – Clinton Township, MI 48036 – 586.469.2525**

### **Stuffed Cabbage Soup –**

4 tbl. extra virgin olive oil, divided  
1 cup of raw white rice  
1 quart plus 2 cups chicken stock, divided  
1 ½ pounds meatloaf mix (a combination of beef, pork and veal)  
½ tsp. allspice  
1 ½ tsp. coriander  
2 tsp. smoked paprika  
Salt and pepper  
1 bay leaf  
1 onion, chopped  
2 cloves garlic, minced  
1 carrot, thinly sliced with a vegetable peeler, then finely chopped  
½ to ¾ head Savoy cabbage, thinly sliced  
1 (28 oz.) can diced tomatoes  
1 cup tomato sauce  
Handful of flat-leaf parsley, chopped  
3 tbl. dill, finely chopped

1. Heat a sauce pot over medium-high heat with 2 tbl. olive oil. Add the rice and toss to coat in the oil. Add 2 cups of chicken stock, bring up to a simmer, cover and cook for 16 to 18 minutes or until the rice is tender.

2. Heat a deep pot over medium-high heat. Add the remaining olive oil, once hot add meat and begin to brown, 2 to 3 minutes. Season the meat with allspice, coriander, smoked paprika, salt and pepper. Add bay leaf, onions, garlic and carrots. Cook veggies 2 to 3 minutes to begin to soften them, then add cabbage and wilt it down a bit. Add tomatoes, tomato sauce and remaining stock and cover the pot. Raise the heat to high and bring the soup to a simmer. Simmer for about 10 minutes. Once the rice is cooked, add to the soup and continue to simmer for 2 to 3 minutes. Stir in the parsley and dill, adjust the salt and pepper to your taste and serve.

*Credit: Rachel Ray*