



Slow Cooker Low Carb Cabbage Roll Soup

(Yields about 12 cups)

Ingredients:

2 TBSP Olive Oil
4 Cloves Garlic, minced
1/2 White Onion, chopped
1 lb. ground beef
4 Cups Beef Stock
1 tsp Italian Seasoning
1 tsp smoked paprika
2 tsp garlic powder
1 tsp onion powder
1/2 tsp salt
1/2 tsp black pepper
2- 14.5 oz. cans diced tomatoes, drained
6 oz. can tomato paste
3 TBSP fresh parsley, chopped
1 head cabbage, halved and sliced
3 cups riced cauliflower, frozen

Directions:

- Heat olive oil inside a skillet on the stove with onion and garlic, and cook until onion is translucent.
- Add ground meat, cook and drain excess grease, and transfer to slow cooker.
- Add broth, diced tomatoes, tomato paste, spices, parsley, and cabbage, and riced cauliflower.
- Cover and cook in slow cooker on HIGH for 3-4 hours, or LOW for 6.
- Note: Can alternatively simmer in a pot on the stove for 30-40 minutes instead of slow cooker.