

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Cabbage Roll Soup



Anna Olson is Canada's baking sweetheart, and with her positive and common sense approach in the kitchen, she has become one of the country's most recognizable television chefs. Hosting Food Network's "Bake with Anna Olson", "Fresh with Anna Olson", and "Sugar", she has earned a loyal following in over 190 countries. An expert in writing recipes with a practical sense, her work appears in magazines and best-selling cookbooks, including translation into Spanish. Her latest title is the "Bake with Anna Olson Cookbook". Many charities benefit from her ongoing contributions to the community, and Soup Sisters is proud to be one of them.

Gluten
free



Like most stewy soups, this recipe tastes best reheated the next day, so get the kids in the kitchen with you to make it over the weekend and you've got dinner looked after during a busy week of homework, ballet and hockey practice.

The rice and cabbage keep absorbing liquid as the soup sits, so you may have to add a little water when you reheat it.



Cabbage Roll Soup

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The Soup Sisters Family
Cookbook
by Chef Anna Olson



This recipe has all the key elements and great flavor of cabbage rolls, without the work of rolling and filling the cabbage leaves. As a kid, I loved my grandmother's cabbage rolls, but they were always a special occasion dish because of the work behind them. This soup takes the labor out of the process, but not the love!

Makes about 8 servings

3 slices bacon, finely chopped	2 cups chicken stock or water
1 medium onion, finely chopped	½ cup long-grain brown rice (such as basmati)
1 stalk celery, finely chopped	¼ cup cider vinegar
1 medium carrot, peeled and coarsely grated	2 Tbsp prepared horseradish
1 lb ground beef or pork	1 Tbsp paprika
1 clove garlic, minced	2 tsp celery salt
6 cups finely chopped green or savoy cabbage	2 bay leaves
2 cans (each 28 oz) diced tomatoes	Salt and pepper to taste
	Sour cream for garnish



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2 tsp	Celery salt
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	Salt and pepper to taste
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1. In a large, heavy-bottomed pot, cook the bacon over medium-high heat, stirring often, until it is crisp, 5 to 7 minutes. Using a slotted spoon, remove the bacon and drain it on a paper-towel-lined plate. Drain off all but 2 Tbsp of the fat in the pot.
2. Reduce the heat to medium. Add the onion, celery and carrot to the pot and cook, stirring often, until the onion is almost translucent, about 5 minutes.
3. Add the ground beef and cook, stirring often, until no longer pink, about 5 minutes. Add the garlic and cook, stirring, until it smells good, about 1 minute. Spoon off and discard any excess fat.
4. Add the cabbage, tomatoes (with their juices), stock, rice, vinegar, horseradish, paprika, celery salt and bay leaves and stir well. Cover the pot and bring it up to a full simmer. Reduce the heat to low and simmer, covered, until the rice is tender, about 40 minutes.
5. Fish out and discard the bay leaves. Add back the cooked bacon and season with salt and pepper to taste.
6. Ladle the soup into warm bowls and garnish each serving with a dollop of sour cream.