

CABBAGE ROLL SOUP – IN THE PRESSURE COOKER!

1 large onion, diced
3 cloves garlic, minced
1 lb ground beef
1/2 lb ground pork
3/4 cup uncooked rice (I use brown rice, but have used white as well)
1 medium cabbage, core removed and diced into bite size pieces
1 (28 oz) can diced tomatoes, untrained
2 tbsp tomato paste
4 cups beef broth
1 1/2 cups V8 or other vegetable juice
1 tbsp Worcestershire sauce
1 tbsp garlic powder
1 tbsp onion powder
1 tsp oregano
1 tsp thyme
1 tsp cayenne pepper
1 bay leaf
Salt and pepper to taste
1 tbsp oil

Instructions

Turn the pressure cooker on to the “brown” method.

Add a tbsp oil and the onions. Sauté about 3 minutes and add the garlic.

Then add in the ground pork and beef and brown. Once browned, drain the fat off the meat and put back into

the pressure cooker.

Add the rest of the ingredients: rice, chopped cabbage, tomatoes, tomato paste, beef broth, V8/other veggie juice

, seasonings

Stir together to mix well, put the lid on and seal the valve... Set for 20 minutes and walk away.

Go fix a drink, take this moment to take a potty break or pick the kids up from school and you’ll come back to

deliciousness, but be warned... It’s going to be piping hot!!
