



Cabbage Roll Soup

BY KETO KATZ



Servings & Macros

Serving size: ~1-2 cups
Makes: 12-14 cups
Carbs: 9 g, Protein: 10 g, Fat: 4 g,
Fiber: 2 g, Sugar Alcohol: 0,
Net Carb: 6 g, Calories: 108 kcal

This recipe takes time

Prep time: 10 min
Cook time: 40 min

Let's Get Involved

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Ingredients

- Head cabbage, chopped
- 1 onion, chopped
- 2-3 carrots, chopped
- 2-3 stalks celery, chopped
- 28 oz tomatoes, crushed or diced
- 1.5 lb ground beef
- 2 tsp bullion paste
- avocado oil
- salt and pepper to taste
- 4-6 cups water

Instructions

1. Set instant pot to sauté and add the oil, onion, celery and carrots. Cook a few minutes like this to soften, or you can skip this step if you're in a hurry!
2. Add beef. Cook and break it apart into crumbles.
3. Add the rest of the ingredients. The amount of water you add is up to you depending if you want it heartier vs. soupier. You do you. Also, I start with about 1 tbsp salt and then adjust later.
4. Set instant pot to STEW for 10 minutes, and that's it babycakes!
5. Add miracle rice to the keto portions (you'll need to count the macros, it won't be much) and add regular rice for the family members who aren't keto.

