

Turkey Stuffed Cabbage Soup

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Ingredients:

- 1 pound of ground turkey
- olive oil
- 1/4 teaspoon of allspice
- 1 teaspoon of ground coriander
- 1 teaspoon of smoked paprika
- salt and pepper to season
- 1 dried bay leaf
- 1 onion, chopped
- 2 cloves of garlic, finely chopped
- 1 carrot, peeled and chopped
- 1 (14.5 ounce) can of diced tomatoes
- 3/4 cup of tomato sauce
- 4-5 cups of turkey broth (depending on how chunky you like your soup)
- 1 small head of Savoy cabbage, thinly sliced
- white rice, accompaniment
- fresh Italian parsley, finely chopped
- fresh dill, finely chopped

Preparation:

In a large Dutch oven over medium high heat add olive oil and ground turkey. Crumble and brown meat. Season with allspice, ground coriander, smoked paprika, salt and pepper. Add bay leaf, chopped onions, garlic and carrots. Cook vegetables for 2-3 minutes until they soften. Then add diced tomatoes, tomato sauce, turkey broth and cabbage. Cover and raise the heat to high. Let the pot come to a bubble. Then reduce to low and simmer for 30-40 minutes or until cabbage is cooked. Discard bay leaf and check for seasoning. Ladle soup into a bowl, add a scoop of white rice on top, and garnish with chopped parsley and dill.