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Easy Cabbage Soup

This flavorful and comforting soup is perfect for the cold days of winter. Full of colorful vegetables and a smoky broth, this budget friendly soup will please everyone in your family and is high in Vitamins A,C,K, fiber and iron.

Yield: 6 servings; 2 cups each

Ingredients

- 1 yellow onion, peeled
- 4 medium carrots
- 4 ribs celery
- 1 green bell pepper
- 1 Tbsp olive oil
- 4 cloves garlic, peeled
- 1 (28 oz.) can no salt added diced tomatoes
- 1 (8 oz.) can tomato sauce
- 1/2 lb. frozen green beans
- 1/4 cup chopped parsley
- 1/2 Tbsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1/4 tsp freshly cracked black pepper
- 6 cups white cabbage (1/2 head)
- 6 cups vegetable broth
- 1/2 -1 tsp salt
- 1 Tbsp lemon juice

Directions

1. Mince garlic cloves, dice the onion, peel and thinly slice the carrots, thinly slice the celery, dice the bell pepper, and chop the cabbage into 1-inch pieces.
2. Add the diced onion, carrots, celery, bell pepper, and olive oil to a pot with over medium heat. Sauté until the onions soften. Add the minced garlic cloves and sauté for 30 seconds until fragrant.
3. Add the diced tomatoes (with juices), tomato sauce, frozen green beans, chopped parsley, smoked paprika, oregano, thyme, and pepper. Continue to stir and cook for 1-2 more minutes.
4. Add the cabbage to the pot along with the vegetable broth and stir to combine.
5. Place a lid on the pot, turn the heat up to medium-high, and allow the soup to come to a boil. Once boiling, reduce the heat to medium-low and allow it to continue to simmer, stirring occasionally, for about 40 minutes or until the cabbage is to your desired tenderness.
6. Once the cabbage is tender, season the soup with salt, starting with 1/2 tsp and adding more to your liking. Finish the soup by adding the lemon juice and stirring to combine. Serve hot with crusty bread for dipping.

Nutrition info per serving:

Calories: 178, Saturated Fat: .5g, Sodium: 670mg, Added sugars: 0g, Fiber: 10.3g, Protein: 5.6g

Source: <https://www.budgetbytes.com/can-eat-cabbage-soup/>



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