

BEST Cabbage Soup

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5 from 139 votes

This cabbage soup recipe is a cozy and healthy blend of cabbage, veggies, and herbs for an easy, low-carb meal!

Prep Time 15 mins	Cook Time 15 mins	Total Time 30 mins
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Course: Soup Cuisine: American

Keyword: Cabbage Recipe, Cabbage Soup, Cabbage Soup Recipe

Servings: 4 servings Author: Lisa Bryan

Ingredients

- 2 tablespoons olive oil
- 1 onion diced
- 1 large carrot diced
- 2 celery stalks diced
- 2 garlic cloves minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/2 cabbage chopped
- 1 (14-ounce) can diced tomatoes
- 4-6 cups vegetable broth depending how thick or brothy you'd like it
- 1-2 tablespoons lemon juice
- 1/4 cup chopped fresh parsley
- cracked black pepper to taste

Instructions

1. Heat the oil in a large pot over medium-high heat, and add the diced onions, carrot, and celery. Cook for 4-5 minutes.
2. Add the minced garlic and spices and stir for another minute.
3. Add the cabbage and let it sweat for 5 minutes, stirring frequently.
4. Pour in the vegetable broth and diced tomatoes and let it simmer uncovered for 10 minutes, or until the vegetables are softened to your liking.

5. Remove the cabbage soup from the heat and add the lemon juice, parsley, and cracked black pepper. Give it another stir, then serve.

Notes

- If you love my big soup pot, it's this Le Creuset round Dutch oven.