



Fresh Cabbage Detox Soup for New Year

The First Bite That Changed Everything

The steam rose from the bowl, carrying the earthy scent of cabbage and ginger. I took one sip and felt my body sigh. It was New Year's Day, and my stomach thanked me. **Ever wondered how a simple soup can make you feel brand new?** This dish isn't just food—it's a reset button. Try it after a long night, and you'll see.

My Soup Disaster Turned Victory

The first time I made this, I forgot to core the cabbage. Chunks were too big, and I panicked. But guess what? It still worked. **Home cooking isn't about perfection—it's about showing up.** Even messy efforts

can taste great. Share your own kitchen fails below!

Why This Soup Hits Different

- The ginger and garlic give a warm kick, like a cozy blanket. - Turmeric turns the broth golden, making it pretty and healthy. **Which flavor combo surprises you most?** Is it the tangy tomatoes or the sweet carrots? Tell me in the comments!

A Soup With Roots

This soup nods to old European detox traditions. Cabbage was cheap and kept well in winter. *Did you know it's packed with vitamin C?* Farmers ate it to stay healthy. Now it's our turn. Would you try a family twist on this classic?



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Ingredients:

Ingredient	Amount	Notes
Olive oil	2 tablespoons	
Diced onion	1 cup	About 1 small onion
Diced carrots	1 cup	About 2 medium carrots
Diced celery	1 cup	About 2 ribs
Cabbage	1 medium head	Cored and chopped
Minced garlic	3 teaspoons	About 3 cloves
Ginger paste	1 teaspoon	Or grated ginger
Turmeric	½ teaspoon	
Salt and pepper	To taste	
Diced tomatoes	1 (14.5-ounce) can	
Vegetable broth	6 cups	

How to Make Fresh Cabbage Detox Soup

Step 1

See also [Maple Pear Tarte Tatin](#)

Heat olive oil in a large pot over medium-high heat. Add onion, carrots, and celery. Cook until slightly tender, about 5 minutes. Stir often to avoid burning. (Hard-learned tip: Chop veggies evenly for even cooking.) **Step 2** Toss in cabbage, garlic, ginger, turmeric, salt, and pepper. Keep stirring until cabbage wilts, about 3-4 minutes. The smell will be amazing. Don't rush this step. **Step 3** Pour in diced tomatoes and broth. Bring to a boil, then simmer for 15-20 minutes. Taste and adjust seasoning. Serve hot. **What's your favorite soup add-in?**

Share below! **Cook Time:** 20 minutes **Total Time:** 30 minutes **Yield:** 8 servings **Category:** Soup, Detox

3 Ways to Shake Up This Soup

Spicy kick Add a diced jalapeño or red pepper flakes with the garlic. Heat lovers will thank you. **Protein boost** Stir in white beans or shredded chicken at the end. Makes it heartier for cold nights. **Creamy twist** Blend half the soup, then mix back in. Adds richness without dairy. **Which spin would you try? Vote in the comments!**

Serving Ideas for Your Soup

Pair with crusty bread or a simple green salad. Top with fresh parsley or a squeeze of lemon. Drink with herbal tea or a crisp white wine. Both balance the soup's earthy flavors. **Which would you choose tonight?**



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Keep It Fresh or Freeze It

This soup stays fresh in the fridge for 3-4 days. Just store it in a sealed container. Reheat on the stove or in the microwave until steaming. Freeze leftovers in portions for up to 3 months. Thaw overnight in the fridge before warming. *Fun fact: Cabbage gets sweeter as it sits in the soup!*

See also Perfect Pancakes

Batch-cooking tip: Double the recipe and freeze half. It's perfect for busy weeks. Why this matters? Healthy meals save time and money. Have you tried freezing soup before? Share your tricks below!

Common Hiccups & Easy Fixes

Issue 1: Soup tastes bland. Fix: Add a splash of lemon juice or more salt. Issue 2: Cabbage too crunchy. Fix: Simmer 5 extra minutes. Issue 3: Broth too thin. Fix: Mash a few veggies to thicken it. Why this matters? Small tweaks make big flavor wins. My neighbor once added too much ginger—it zinged! But she loved it. What's your “oops” turned win? Tell us in the comments!

Your Questions, Answered

Q: Is this soup gluten-free? A: Yes, if your broth is gluten-free. Check labels to be sure. **Q: Can I make it ahead?** A: Absolutely! It tastes even better the next day. **Q: What swaps work?** A: Swap carrots for sweet potatoes or celery for fennel. **Q: How to scale it down?** A: Halve the recipe. Use half a cabbage or save the rest for slaw. **Q: Can I add protein?** A: Toss in white beans or shredded chicken for extra heft.

Wrapping Up

This soup is my January reset button. Light, bright, and full of good-for-you stuff. **Tag Savory Discovery on Pinterest if you make it!** I'd love to see your bowls. Happy cooking! —Elowen Thorn.

You need to try !

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Fresh Cabbage Detox Soup for New Year

Author: Elowen Thorn

Cooking Method:[Stovetop](#)

Cuisine:[Healthy Vegetarian](#)



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Courses: [Soup Detox](#)

Difficulty: **Beginner**

Prep time: **10 minutes**

Cook time: **20 minutes**

Rest time:



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Total time: **30 minutes**

Servings: **8 servings**

Calories: **120 kcal**

Best Season: **Summer**

Description

A light and nutritious detox soup perfect for the New Year, featuring

fresh cabbage, carrots, and celery.

See also [Sunset Sangria Recipe](#)

Ingredients

- 2 tablespoons olive oil
- 1 cup diced onion, about 1 small onion
- 1 cup diced carrots, about 2 medium carrots
- 1 cup diced celery, about 2 ribs
- 1 medium head of cabbage, cored and chopped
- 3 teaspoons minced garlic, about 3 cloves
- 1 teaspoon ginger paste, or grated ginger
- $\frac{1}{2}$ teaspoon turmeric
- Salt and pepper to taste
- 1 (14.5-ounce) can diced tomatoes
- 6 cups vegetable broth

Instructions

1. Heat the 2 tablespoons olive oil in a large pot over medium-high heat. Add the 1 cup diced onion, 1 cup diced carrots, and 1 cup diced celery. Cook the vegetables until slightly tender, about 5 minutes.
2. Add the 1 medium head of cabbage, 3 teaspoons minced garlic, 1 teaspoon ginger paste, $\frac{1}{2}$ teaspoon turmeric, and salt and pepper to taste. Continue cooking, stirring frequently, until the cabbage has wilted.
3. Pour in the 1 (14.5-ounce) can diced tomatoes and 6 cups vegetable broth, bring the soup to a boil, reduce the heat to low, and simmer for 15-20 minutes until the vegetables are soft. Serve fresh with additional salt and pepper to taste.

Notes

For extra flavor, garnish with fresh herbs like parsley or cilantro before serving.

Keywords: Cabbage, Detox, Soup, Healthy, New Year