



Healthy Cabbage Soup Recipe for Weight Loss

Introduction

Cabbage soup is a nourishing and comforting dish that warms both the body and soul. This recipe from Love and Lemons is a delightful blend of vegetables, beans, and rich flavors, making it a perfect choice for a healthy meal. Easy to prepare and incredibly satisfying, this soup showcases the humble cabbage in a delightful way.

Detailed Ingredients with measures

2 tablespoons extra-virgin olive oil

2 carrots, chopped
1 medium yellow onion, diced
1 celery rib, diced
 $\frac{3}{4}$ teaspoon sea salt
Freshly ground black pepper
2 tablespoons white wine vinegar
2 (14.5-ounce) cans fire-roasted diced tomatoes
4 cups vegetable broth
1 (15.5-ounce) can cooked white beans, drained and rinsed
4 garlic cloves, grated
2 Yukon Gold potatoes, diced
1 small green cabbage, about 1 pound (9 cups chopped)
1 teaspoon dried thyme
Fresh parsley, for garnish

Prep Time

Prep time for this cabbage soup is approximately 15 minutes. This includes chopping vegetables and gathering all the required ingredients together.

Cook Time, Total Time, Yield

The cook time is about 30 minutes, making the total time for this recipe approximately 45 minutes. This recipe yields about 6 servings, perfect for sharing or for meal prep throughout the week.

Enjoy this hearty cabbage soup paired with crusty bread for an unforgettable meal experience!

Detailed Directions and Instructions

Step 1: Prepare the Base

Heat the olive oil in a large pot over medium heat. Add the chopped carrots, diced onion, diced celery, sea salt, and several grinds of black pepper. Cook while stirring occasionally for approximately 8 minutes, allowing the vegetables to soften.

Step 2: Add Acidity and Vegetables

Pour in the white wine vinegar and stir well. Next, add the fire-roasted diced tomatoes, vegetable broth, drained and rinsed white beans, grated garlic, diced Yukon Gold potatoes, chopped cabbage, and dried thyme. Mix everything thoroughly.

See also [Dirt Pie](#)

Step 3: Simmer the Soup

Cover the pot and let the soup simmer for 20 to 30 minutes. Cook until the potatoes and cabbage are tender to your liking.

Step 4: Final Seasoning

Taste the soup and adjust the seasoning if necessary, adding more salt and pepper to enhance the flavors.

Step 5: Garnish and Serve

Ladle the soup into bowls and garnish each serving with fresh parsley. Serve hot, preferably alongside crusty bread for a satisfying meal.

Notes

Serving Suggestions

This hearty cabbage soup pairs well with crusty bread or a side salad for a complete and comforting meal.

Storage Tips

Store any leftovers in an airtight container in the refrigerator for up to 4 days. The flavors will deepen and improve over time.

Freezing Instructions

This soup can also be frozen. Allow it to cool completely before transferring to freezer-safe containers, where it can be stored for up to 3 months.

Recipe Variations

Feel free to customize this soup by adding other vegetables like bell peppers or zucchini, or incorporating different beans for varied textures and flavors.



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Cook Techniques

Sautéing

Sautéing is a cooking method that involves cooking food quickly in a small amount of oil or fat over medium to high heat. In this recipe, we'll sauté the carrots, onion, celery, and seasonings to enhance their flavors before adding the other ingredients.

Simmering

Simmering involves cooking food in liquid just below the boiling point. It allows flavors to meld and ingredients to soften. In the cabbage soup

recipe, we'll simmer the mixture after adding the broth, tomatoes, and beans until the cabbage and potatoes are tender.

See also [Peanut Butter Cup Pie](#)

Grating

Grating is a technique used to finely shred food items. Here, garlic cloves are grated to release their oils and enhance the flavor of the soup. This method ensures the garlic blends well with the other ingredients.

Chopping

Chopping is a fundamental knife skill used to prepare vegetables for cooking. In this recipe, carrots, onion, celery, and potatoes are chopped to ensure even cooking and a pleasing texture in the final dish.

Garnishing

Garnishing is a decorative finishing touch added to a dish before serving. In this recipe, fresh parsley is used to garnish the soup, providing color and freshness to the presentation.

FAQ

Can I use different types of beans in the soup?

Yes, you can substitute with other types of beans, such as kidney beans or chickpeas, as per your preference.

How long can I store leftover cabbage soup?

Leftover cabbage soup can be stored in an airtight container in the

refrigerator for up to 4 days.

Is it possible to freeze cabbage soup?

Absolutely! Cabbage soup can be frozen for up to 3 months. Make sure to let it cool completely before transferring it to a freezer-safe container.

Can I add other vegetables to the soup?

Yes, feel free to add other vegetables like zucchini, bell peppers, or spinach for extra nutrition and flavor.

How can I make this soup spicier?

To make the soup spicier, you can add red pepper flakes, diced jalapeños, or your favorite hot sauce while cooking.

Conclusion

This hearty and flavorful cabbage soup is an excellent choice for a nourishing meal, packed with vegetables and protein. Its comforting essence makes it perfect for any time of the year. Pair it with some crusty bread for a wholesome experience that will leave you satisfied and warm.

See also [Garlic Parmesan Chicken Pasta](#)

More recipes suggestions and combination

Vegetable Quinoa Salad

A refreshing mix of quinoa, fresh vegetables, and a citrus dressing

provides a light and nutritious complement to the cabbage soup.

Garlic Bread

Serve warm, crispy garlic bread on the side for a delightful addition that will enhance your soup experience.

Roasted Vegetable Medley

A mix of seasonal roasted vegetables can add a variety of flavors and textures to your meal while keeping it healthy.

Chickpea Curry

This protein-rich dish can serve as a hearty side, bringing a different flavor profile while complementing the cabbage soup's ingredients.

Stuffed Peppers

Stuffed bell peppers filled with rice, beans, and spices make for a colorful and filling dish alongside the soup.





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