



# Mediterranean Cabbage Soup | The spices are the magic

## My Cozy Cabbage Soup Story

I learned this Mediterranean cabbage soup from my friend Anna. She is from a sunny Greek island. Her version used lamb, but I use ground beef. It is simpler for a busy weeknight. I still laugh at that first time I made it. I used a whole cabbage! It filled the pot to the brim. This easy cabbage soup is a true comfort food soup. It simmers in one pot. Your whole kitchen will smell amazing. That smell is why this matters. A good smell can make a hard day feel softer. What is your favorite cozy smell from the kitchen? Mine will always be garlic and oregano.

## Why This Soup Feels Like a Hug

This is a hearty cabbage soup. It fills you up the right way. The beef and rice give you strength. The veggies make you feel bright. All together, they create a healthy cabbage soup. It warms you from the inside out. Making it is easy, too. It is a one-pot cabbage soup. You brown the meat first. Then you cook all the vegetables in the same pot. This is the secret. It lets all the flavors get to know each other. You can find other simple, [delicious and healthy soup recipes to try](#) if you love this method.

## How to Make Your Soup

Start by browning your ground beef. Use a big, heavy pot. Then add your onion, carrots, celery, and bell pepper. Let them get soft and sweet. This is the base of your Greek cabbage soup. \*Fun fact: the grated garlic goes in last here, so it doesn't burn!\* Next, add the shredded cabbage, tomato sauce, rice, and all the spices. Pour in the broth. Let it bubble, then simmer. In 20 minutes, the rice is cooked. The cabbage is tender. Your cabbage soup recipe is done! Do you prefer your soups thick or brothy? This one is nicely in-between.

## The Little Things That Matter

The spices are the magic. Oregano, dill, and mint. They are classic Mediterranean flavors. They make this soup taste sunny. The red pepper flakes give a tiny warm kick. This is the second "why this matters." Small details create big happiness in a meal.

See also [Easy Vietnamese Pho-Style Noodle Soup](#)  
You serve it with feta and olives. The salty feta melts a little on top. It is so good. A chunk of bread is perfect for dipping. It is like my [hearty minestrone soup recipe for cold days](#). Both are complete meals in a

bowl.

## Make It Your Own

This is a very friendly recipe. For a vegetarian cabbage soup, just leave out the beef. Use a rich vegetable stock instead. You will still get a lovely, filling soup. Try adding a can of white beans for protein. It would be as easy as this [crock pot split pea soup](#). The best part of cooking is making it suit you. What would you add to your pot? Maybe some zucchini? Or a squeeze of lemon at the end? I love hearing your ideas. Share your favorite soup add-in with me. I am always looking for new tricks, just like when I use my pot for an [instant pot chicken gnocchi soup](#).

## Ingredients:

Ingredient	Amount	Notes
Olive oil	3-4 tablespoons	
Celery stalk	1	diced
Onion	1	finely chopped
Carrots	2	peeled and diced
Ground beef	1 pound	
Garlic cloves	5-6	grated
Bell pepper	1	diced
Cabbage	1	shredded
Tomato sauce	1 (15 oz) can	
Rice (arborio or carolina)	1/2 cup	
Chicken stock	8 cups	
Bay leaf	1	
Crushed red pepper flakes	1/2 teaspoon	



## Mediterranean Cabbage Soup | The spices are the magic | 4

Ingredient	Amount	Notes
Salt	1 1/2 teaspoons or to taste	
Freshly ground black pepper	1/2 teaspoon	
Dried crushed oregano	1 teaspoon	
Dried mint	1/2 teaspoon	
Dried dill	1 teaspoon	
Parsley		for garnish





## Mediterranean Yuletide Cabbage Soup

# Instructions

**Step 1:** Brown your ground beef in a big pot. I use my favorite Dutch oven for this. Season it lightly with salt and pepper. This builds flavor for your [hearty cabbage soup](#). Doesn't that smell amazing already? Transfer the beef to a plate when done.

**Step 2:** Add olive oil to the pot. Toss in your onion, bell pepper, celery, and carrots. Cook them until they smile and soften. This is the base of your easy cabbage soup. (A hard-learned tip: let them get a little golden for more taste.)

**Step 3:** Stir in the grated garlic. Cook just until it's warm and fragrant. Then, add back the beef and the shredded cabbage. Pour in the tomato sauce, rice, all the lovely spices, and chicken stock. This one-pot cabbage soup is coming together!

See also [Creamy Chicken Pasta Soup](#)

**Step 4:** Bring your Mediterranean cabbage soup to a boil. Then, reduce the heat to a gentle simmer. Let it cook for about 20 minutes. The cabbage will wilt and the rice will become tender. What's your favorite [comfort food soup](#)? Share below!

**Step 5:** Taste your Greek cabbage soup. Adjust the salt and pepper if you like. Ladle it into bowls and garnish with fresh parsley. I love how this healthy cabbage soup makes the whole house feel cozy. It's a perfect [cabbage soup recipe](#) for any night.

## Creative Twists

**Try a Vegetarian Cabbage Soup:** Skip the ground beef. Use a second can of tomato sauce and vegetable stock instead.

**Make it Creamy:** Stir in a big spoonful of plain yogurt at the end. It adds a lovely, tangy richness.

**Add White Beans:** Toss in a can of drained cannellini beans with the cabbage. They make it even more filling. Which one would you try first? Comment below!

## Serving & Pairing Ideas

This ground beef cabbage soup is a full meal. But I love a little feta cheese crumbled on top. A side of crusty bread for dipping is a must. For a real treat, add a few olives on the side. They remind me of sunny [Mediterranean](#) lunches. Which would you choose tonight?







## Mediterranean Yuletide Cabbage Soup

# Keeping Your Cabbage Soup Cozy

Let's talk about storing this hearty cabbage soup. It freezes beautifully for a future easy meal. Cool it completely first. Then, ladle it into airtight containers. Leave an inch of space at the top. This prevents the lid from popping off in the freezer.

I remember my first big batch of this Greek cabbage soup. I filled a jar too full. The next day, my fridge had a red, tomatoey surprise! Now I always leave room. Thaw frozen soup overnight in the fridge. Reheat it gently on the stove until steaming hot.

Batch cooking this one-pot cabbage soup saves your future self. On a busy night, a homemade meal is ready in minutes. It matters because it turns cooking from a chore into a gift. It is a true comfort food soup for your busiest days. **Have you ever tried storing it this way? Share below!**

See also [Maple Pear Tarte Tatin](#)

# Simple Fixes for Soup Troubles

Even grandmas face cooking hiccups. Here are three common ones and their easy fixes. First, a soup that's too watery. Let it simmer uncovered for ten more minutes. The extra liquid will cook off and flavors will concentrate.

Second, vegetables that are unevenly cooked. I once had crunchy carrots and mushy cabbage! The fix is simple. Cut all your veggies into similar, small pieces. They will cook at the same rate for the perfect bite.

Third, a soup that tastes a bit flat. This happens to everyone. The secret is often a pinch more salt or a squeeze of lemon. Tasting as you cook builds your confidence. Getting the flavor right makes your healthy cabbage soup something you crave. **Which of these problems have you run into before?**

## **Your Quick Questions, Answered**

### **What are some common mistakes in cabbage soup?**

Overcooking the cabbage is a big one. It gets mushy. Also, not browning the ground beef well first. This adds so much flavor to your ground beef cabbage soup.

### **How do you make Dolly Parton's cabbage soup?**

Her diet soup is different. It is a simple broth with veggies. Our Mediterranean cabbage soup recipe is heartier with beef, rice, and rich stock.

### **How much weight can you lose on the 7 day cabbage soup diet?**

Results vary, but it's mostly water weight. This strict plan is not for long-term health. For a lasting approach, try balanced, healthy soup recipes.

### **Is cabbage soup good for health?**

Yes, when made like this! Cabbage is full of good vitamins. Using lean beef and broth makes a nourishing, healthy cabbage soup for any day.

### **What are some common mistakes to avoid when making homemade soup?**

Do not skip browning meat or sautéing onions. This builds a flavor base. Also, add salt in small steps. You can always add more later.

### **Why do you put vinegar in cabbage when boiling it?**

A little vinegar helps keep its bright color. It can also soften the cabbage faster. Our recipe simmers it in tomato sauce instead for great flavor. **Which tip will you try first?**

## **From My Kitchen to Yours**

I hope you love this easy cabbage soup recipe as much as I do. It fills the kitchen with the best smell. \*Fun fact: In many cultures, cabbage is a symbol of good luck and prosperity!\* Making a pot feels like a hug for your whole family.

I would love to hear about your cooking adventure. Did you add your own twist? Maybe some feta on top? Your stories are my favorite thing to read. **Have you tried this recipe?** Tell me all about it in the comments below.

Happy cooking!  
—Elowen Thorn.



# **\*MEDITERRANEAN YULETIDE CABBAGE SOUP\***





Mediterranean Cabbage Soup | The spices are the  
magic | 13

Mediterranean Yuletide Cabbage Soup