

Bite Spoon

Best Cabbage Soup Recipe: Quick & Easy Comfort Food

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Soup

- [ ] 2 tablespoons olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 2 large carrots, peeled and sliced
- [ ] 2 celery stalks, chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 medium head of green cabbage (about 2 lbs), cored and shredded
- [ ] 8 cups vegetable broth, low-sodium
- [ ] 1 (15-ounce) can diced tomatoes, undrained
- [ ] 1 teaspoon dried thyme
- [ ] 1 bay leaf
- [ ] 1 teaspoon salt, or to taste
- [ ] 1/2 teaspoon black pepper, or to taste

For Garnish (Optional)

- [ ] Fresh parsley, chopped
- [ ] A squeeze of fresh lemon juice

Instructions

1. First, let's create our flavor base. Find your favorite large pot or Dutch oven and set it over medium heat. Add the olive oil and let it warm up until it shimmers just a little. Add your chopped onion, carrots, and celery. Don't rush this part. Let them cook slowly for about 8-10 minutes, stirring occasionally until they're soft and the onion is translucent. The kitchen will start to smell absolutely wonderful. This gentle sauté is what builds the deep, savory-sweet foundation of the soup.

2. Now that our vegetables are soft and fragrant, it's time to add the garlic. Stir in the minced garlic and let it cook for just about a minute more. You're just looking for it to become aromatic—be careful not to let it brown or it can turn bitter. That quick minute is all it needs to release its beautiful flavor into the oil and vegetables. It's a small step, but it adds so much warmth and depth to the final soup. I find writing about food is something I love to share in my articles, and I hope it helps you.

3. Okay, time to turn this into soup! Pour in the vegetable broth, the undrained can of diced tomatoes, the dried thyme, and the bay leaf. Then, add all of that beautiful shredded cabbage. I know it looks like a mountain of cabbage, but trust me, it will cook down. Give everything a good stir to combine, increase the heat to high, and bring the soup to a boil. It's a lovely moment when all the colors come together in the pot.

4 Once the soup reaches a boil, reduce the heat to low, cover the pot, and let it gently simmer. This is where the magic happens. Let it simmer for about 20-25 minutes, or until the cabbage is perfectly tender. The flavors will all meld together into something truly comforting. Before serving, remember to fish out that bay leaf. Give the soup a taste and season with salt and pepper until it tastes just right to you. Serve it hot, garnished with a little fresh parsley if you like. Enjoy that first warm, soothing spoonful.

Nutrition per serving

110 kcal	3 g	16 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to add a pinch of red pepper flakes along with the garlic for a subtle, warming heat. It doesn't make it spicy, but it adds a lovely little background note that I really enjoy, especially on a cold day.
- If you have leftover fresh herbs like rosemary or sage, you can tie them together with kitchen twine and toss them in with the bay leaf to infuse the broth. Just remember to remove the bundle before serving. It’s a great way to use up what you have.
- For a heartier soup, consider adding a cup of cooked grains like barley or quinoa during the last 15 minutes of simmering. It adds a wonderful texture and makes the soup a full, satisfying meal on its own.