



Green Cabbage Soup: A Healthy, Low-Carb Bowl Made Simple

Prep Time: 15 minutes

Cook Time: 30 minutes

Total Time: 45 minutes

Servings: 6 servings

Calories: Approximately 140 per serving

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 2 celery stalks, sliced
- 2 medium carrots, sliced
- 2 cloves garlic, minced
- 1 small head green cabbage, chopped
- 6 cups chicken broth or vegetable broth
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 tablespoons fresh parsley, chopped

Optional Add-Ins

- 1–2 cups shredded cooked chicken
- ½ pound sliced sausage
- 1 cup cauliflower rice
- Red pepper flakes for heat
- Splash of lemon juice before serving

Instructions

1. Heat olive oil in a large soup pot over medium heat. Add onion, celery, and carrots. Cook for 5–7 minutes until softened.
2. Stir in garlic and cook for 30 seconds until fragrant.
3. Add chopped green cabbage and cook for 3–4 minutes, stirring occasionally.
4. Pour in broth and add salt, pepper, thyme, and bay leaf. Bring to a gentle boil.
5. Reduce heat to low, cover, and simmer for 20–25 minutes until vegetables are tender.
6. Remove bay leaf and stir in fresh parsley.
7. Serve warm as-is or top with shredded chicken, sausage, or Parmesan cheese.

Notes

- For a vegetarian version, use vegetable broth.
- Add protein to make the soup more filling.
- Soup stores well and tastes even better the next day.
- Adjust seasoning to taste depending on broth salt level.

Equipment Needed

- Large soup pot or Dutch oven
- Cutting board
- Sharp knife
- Wooden spoon
- Ladle

Dietary Notes

- Low Carb
- Gluten Free
- Budget Friendly
- Meal Prep Friendly