



## Cabbage Soup in Instant Pot

A simple, healthy, and budget-friendly cabbage soup made in the Instant Pot with tender vegetables and flavorful broth. Perfect for meal prep, busy weeknights, and cozy family dinners.

### Prep Time

15 minutes

### Cook Time

8 minutes

### Pressurizing Time

10 minutes

### Total Time

33 minutes

### Servings

8 servings

## Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 6 cups green cabbage, chopped
- 1 (14.5-ounce) can diced tomatoes
- 6 cups chicken broth or vegetable broth
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 bay leaf (optional)

## Instructions

1. Set the Instant Pot to **Sauté** and add the olive oil.
2. Add the onion, carrots, and celery. Cook for 4–5 minutes until slightly softened.
3. Stir in the garlic and cook for 30 seconds.
4. Add the cabbage, diced tomatoes, broth, Italian seasoning, salt, pepper, and bay leaf.
5. Stir well and secure the lid.
6. Set the valve to **Sealing** and cook on **High Pressure** for 8 minutes.
7. When the cooking time is complete, carefully perform a quick release.
8. Remove the bay leaf.
9. Ladle into bowls and serve hot.

## Notes

- For a heartier soup, add 1 pound of browned ground beef.
- Smoked sausage is an excellent variation and adds rich flavor.
- For a lower-carb version, omit the carrots.
- This soup freezes well for up to 3 months.
- Leftovers often taste even better the next day.

## Nutrition (Estimated Per Serving)

- Calories: 120
- Protein: 4g
- Carbohydrates: 14g
- Fiber: 4g
- Fat: 5g

- Sodium: 650mg

[If you need an Instant Pot look at the Amazon Page here for the best value](#)

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