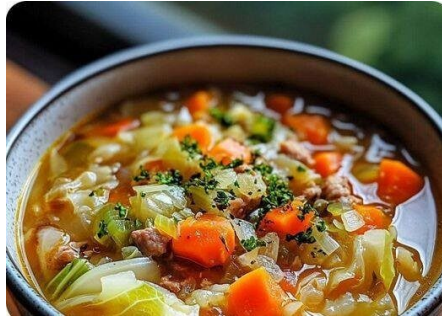


Cabbage Fat-Burning Soup: A Delicious Way to Stay Healthy

Whether you're on a health kick or just need a warming bowl of goodness, this soup delivers.



TIME
2-3 min

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INGREDIENTS

1 large onion, chopped
2 large carrots, sliced
3 celery stalks, chopped
2 bell peppers (any color), chopped
1 medium head of cabbage, chopped
1 can (14.5 oz) diced tomatoes (with liquid)
6 cups vegetable broth
1-2 cloves garlic, minced
Optional: 1 tsp Italian seasoning, salt, and pepper to taste

Instructions:

Prepare the Vegetables: Wash and chop all the vegetables, ensuring they are evenly sized for consistent cooking.

SautØ the Aromatics: In a large pot, heat a splash of vegetable broth or a bit of olive oil over medium heat. Add the chopped onion and garlic and sautØ until fragrant, about 2-3 minutes.

Add the Vegetables: Stir in the carrots, celery, bell peppers, and cabbage. SautØ for another 5 minutes to enhance the flavors.

Simmer the Soup: Add the diced tomatoes (with liquid) and the vegetable broth. Bring the mixture to a boil, then reduce the heat to low. Cover and simmer for 20-25 minutes, or until the vegetables are tender.

Season to Taste: Stir in Italian seasoning, and season with salt and pepper to taste. Adjust the

seasoning as needed.

Serve and Enjoy: Ladle the soup into bowls and serve warm. It's perfect on its own or paired with a slice of whole-grain bread for a complete meal.

Tips for the Best Cabbage Fat-Burning Soup:

Boost Flavor: Add a pinch of red pepper flakes for a little heat or a splash of lemon juice for brightness.

Make It Heartier: Add beans, lentils, or cooked quinoa for extra protein and fiber.

Storage: Store in an airtight container in the refrigerator for up to 5 days or freeze for up to 3 months.

Why This Recipe is a Must-Try:

DIRECTIONS

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10. **Why This Recipe is a Must-Try:** Cabbage Fat-Burning Soup is a delicious way to nourish your body while staying on track with your health goals. It's packed

with fiber, vitamins, and antioxidants, making it a fantastic option for anyone looking to incorporate more vegetables into their diet without sacrificing flavor.

11. Give this recipe from I : Wuv Cooking a try, and let it become a staple in your meal rotation. Share it with friends and family-they'll love the taste and the health benefits!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cabbage-fat-burning-soup-a-delicious-way-to-stay-healthy/>