

Comfort in a Bowl: Easy Cabbage Soup with Ground Beef and Vegetables

There's something incredibly comforting about a steaming bowl of soup-and this



TIME
3 min

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INGREDIENTS

1 lb ground beef
1 small onion, diced
3 cloves garlic, minced
4 cups green cabbage, chopped
3 carrots, sliced
3 celery stalks, chopped
1 (14.5 oz) can diced tomatoes
6 cups beef broth
1 tsp Italian seasoning
Salt and pepper, to taste
Optional: 1/2 tsp crushed red pepper flakes for a spicy kick

DIRECTIONS

1. In a large pot or : Dutch oven, brown the ground beef over medium heat. Drain any excess grease.
2. Add diced onion and garlic, cooking for about 3 minutes until softened and fragrant.
3. Stir in chopped cabbage, carrots, and celery. Cook for another 5 minutes, stirring occasionally.
4. Pour in the diced tomatoes (with juices) and beef broth. Add Italian seasoning, salt, pepper, and crushed red pepper flakes if using.
5. Bring to a boil, then reduce heat and let it simmer for 30-40 minutes, until the vegetables are tender and flavors have melded together.
6. Taste, adjust seasoning as needed, and serve hot with your favorite bread or a side salad.

SWAPS & NOTES

Meat Options: Use ground turkey or plant-based crumbles for a lighter or vegetarian version.

Tomato Boost: Add tomato paste for a richer broth.

Grain Add-In: Stir in cooked rice, barley, or small pasta for a heartier bowl.

Extra Veggies: Zucchini, spinach, or green beans are all great add-ins. ???

TIPS FOR SUCCESS

Chop veggies evenly so they cook at the same rate.

Let it simmer low and slow to deepen the flavor.

This soup is even better the next day after the flavors have had time to develop.

Freeze leftovers in individual portions for quick, comforting meals anytime. ?

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

Original recipe: <https://chefmaniac.com/comfort-in-a-bowl-easy-cabbage-soup-with-ground-beef-and-vegetables/>