

Hearty Kielbasa and Cabbage Soup: A Rustic, Flavorful Comfort

Hearty Kielbasa and Cabbage Soup



TIME
5-7 min

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INGREDIENTS

- 1 tablespoon olive oil
- 1 lb smoked kielbasa sausage, halved lengthwise and sliced into 1/2-inch pieces
- 1 large yellow onion, chopped
- 2 stalks celery, chopped
- 2 medium carrots, chopped
- 3 cloves garlic, minced
- 1/2 head (about 4-5 cups) green cabbage, cored and roughly chopped
- 6 cups chicken broth or beef broth (low sodium recommended)
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 teaspoon dried thyme
- 1/2 teaspoon caraway seeds (optional, for authentic flavor)
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 tablespoon fresh parsley, chopped, for garnish (optional)

DIRECTIONS

1. Let's get this hearty : Kielbasa and Cabbage Soup simmering!
2. Brown : Kielbasa: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the sliced kielbasa and cook for 5-7 minutes, stirring occasionally, until nicely browned. Remove the kielbasa from the pot and set aside, leaving any rendered fat in the pot.
3. SautØ Aromatics: Reduce heat to medium. Add the chopped onion, celery, and carrots to the pot. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened. Add the minced garlic and cook for 1 minute until fragrant.
4. Add : Cabbage & Seasonings: Add the chopped cabbage to the pot. Cook for 5-7 minutes, stirring frequently, until the cabbage begins to wilt down. Stir in the dried thyme, caraway seeds (if using), salt, and black pepper.
5. Add : Liquids & Simmer: Pour in the chicken or beef broth and the undrained diced tomatoes. Return the browned kielbasa to the pot. Stir well to combine, scraping up any browned bits from the bottom of the pot. Bring the mixture to a boil.
6. Cook : Soup: Once boiling, reduce the heat to low, cover the pot, and let it simmer for 20-25 minutes, or until the cabbage is tender and the flavors have melded.
7. Serve & : Garnish: Taste and adjust seasoning (salt, pepper) if needed. Ladle into bowls, garnish with fresh chopped parsley, and serve hot.

SWAPS & NOTES

Kielbasa: Smoked kielbasa is classic for its smoky flavor.

You can use other types of smoked sausage or even a cooked, crumbled Italian sausage for a different profile.

You can also use a mix of green and red cabbage for more color, or even Napa cabbage, though it will be more tender.

Ensure it's roughly chopped into bite-sized pieces.

TIPS FOR SUCCESS

Brown the Kielbasa: Searing the kielbasa first adds a crucial smoky, savory depth to the soup.

Wilt Cabbage Properly: Cooking the cabbage down a bit before adding the liquid helps tenderize it and build flavor.

It will seem like a lot of cabbage at first, but it cooks down significantly.

Don't Overcook Cabbage: You want the cabbage tender, but not mushy.

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