

## Easy Cabbage Soup Recipe: Hearty & Flavorful Beef Soup

When you're craving a bowl of warmth, comfort, and hearty goodness, this



**TIME**  
**1-2 min**

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### INGREDIENTS

- 1 large cabbage, chopped (about 8-10 cups)
- 2 small onions, diced
- 2 cans (14.5 oz each) stewed tomatoes, undrained
- 1 pouch (2 oz / 2 envelopes) Lipton Onion Soup Mix
- 1 large celery stalk, chopped finely
- 1-2 pounds ground beef (lean or preferred fat content)

Your favorite spices (suggestions: black pepper, garlic powder, dried thyme)

Swaps and Notes:

**Cabbage:** Green cabbage is traditional. You can use half green and half red cabbage for more color. Chop it into manageable pieces. For more cabbage-focused dishes, see my [Fried Cabbage with Bacon, Onion, and Garlic](#) or [Cajun Cabbage Jambalaya](#).

**Onions & Celery:** These are essential aromatics for soup. Chop them finely so they meld into the broth.

**Stewed Tomatoes:** Undrained stewed tomatoes provide both liquid and chunky tomato goodness. Diced tomatoes can be used for a firmer texture.

**Lipton Onion Soup Mix:** This is a key flavor enhancer. Do not omit it.

**Ground Beef:** Lean ground beef (90/10 or 93/7) is great for reducing grease, but 80/20 ground beef will have more flavor. You can substitute with ground turkey for a lighter version.

**Spices:** The recipe suggests adding your favorite spices. Black pepper, garlic powder, and dried thyme are excellent choices. A pinch of paprika or a bay leaf could also be nice. The Lipton mix itself is well-seasoned, so add other spices to your preference.

**Broth (Optional):** While the recipe uses water and bouillon from the soup mix, you could use beef broth instead of water for an even richer base.

## DIRECTIONS

1. This comforting cabbage soup comes together easily, with quick stovetop prep.
2. **Start : Vegetables Simmering:** Fill a large stockpot or Dutch oven halfway with water (about 6-8 cups) and bring it to a rolling boil over high heat. Add the chopped cabbage, diced onions, and finely chopped celery to the boiling water. Reduce the heat to a simmer, cover, and let the vegetables cook while you prepare the beef.
3. **Cook : Ground Beef:** In a separate large skillet, cook the ground beef over medium heat, breaking it apart with a spoon as it browns, until it is fully cooked through and no longer pink. Drain off any excess fat from the skillet.
4. **Season : Beef:** Once the beef is browned and drained, stir in your favorite spices (such as black pepper, garlic powder, etc.) along with the entire pouch of Lipton Onion Soup Mix into the beef. Cook and stir for 1-2 minutes until fragrant.
5. **Combine & : Simmer:** Add the seasoned ground beef and the 2 cans of undrained stewed tomatoes to the simmering vegetables in the stockpot. Stir everything together well.
6. **Continue : Simmering & Adjust Seasoning:** Continue to simmer the mixture for a few more minutes (about 10-15 minutes) until the cabbage reaches your desired tenderness. The longer it simmers, the more the flavors will meld. Taste the soup and adjust seasoning as needed, adding more salt, pepper, or other spices if desired.
7. **Serve:** Ladle the hot Cabbage Soup into bowls and serve immediately.

## SWAPS & NOTES

without requiring a long list of individual spices.

It's a truly "dump and go" style recipe once the beef is browned, making it ideal for busy weeknights when you need a comforting meal quickly.

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

Original recipe: <https://chefmaniac.com/easy-cabbage-soup-recipe-hearty-flavorful-beef-soup/>

It's light yet filling, packed with vegetables, and adaptable to your taste, making it a fantastic healthy option that doesn't compromise on flavor.

You can use half green and half red cabbage for more color.