

Cabbage Vegetable Soup - Light, Healthy & Flavor-Packed

If you're looking for a wholesome, comforting meal that's light yet deeply satisfying, this

TIME
45 min

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INGREDIENTS

- 1 small head green cabbage, chopped
- 1 large onion, chopped
- 2 carrots, sliced
- 2 celery stalks, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 6 cups vegetable broth
- 1 can (14.5 oz) diced tomatoes
- 1 tablespoon tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- Salt to taste
- Black pepper to taste
- 1 tablespoon olive oil
- Fresh parsley for garnish (optional)

DIRECTIONS

- Sauté the Vegetables:** Heat olive oil in a large pot over medium heat. Add onion, carrots, celery, and bell peppers. Sauté 5-7 minutes until softened.
- Add Garlic:** Stir in minced garlic and cook for 1 minute until fragrant.
- Add Cabbage:** Stir in chopped cabbage and cook for about 5 minutes, stirring occasionally, allowing it to soften slightly.
- Add Broth & Seasonings:** Pour in vegetable broth, diced tomatoes, tomato paste, basil, oregano, thyme, salt, and pepper. Stir well to combine.
- Simmer:** Bring to a boil, then reduce heat and simmer for 20-25 minutes until vegetables are tender and flavors have developed.
- Serve:** Taste and adjust seasoning as needed. Garnish with fresh parsley and serve hot.

SWAPS & NOTES

Add protein: Stir in white beans or lentils for a heartier soup.

Low-sodium option: Use reduced-sodium broth.

Extra spice: Add red pepper flakes for heat.

Fresh herbs: Substitute dried herbs with fresh if available (use about three times the amount).

TIPS FOR SUCCESS

Chop vegetables evenly for consistent cooking.

Don't rush the sautéing step-it builds flavor.

Let the soup sit for 10 minutes before serving for deeper flavor.

Store overnight for even better taste the next day.

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

Original recipe: <https://chefmaniac.com/cabbage-vegetable-soup-light-healthy-flavor-packed/>