

Cabbage Soup

Easy keto cabbage soup recipe with tender vegetables and savory broth. Ready in 50 minutes, this healthy low-carb soup is perfect for meal prep.

15 min
PREP

35 min
COOK

50 min
TOTAL

4
SERVINGS

Easy
DIFFICULTY

Cabbage Soup

Ingredients

- 1 cabbage
- 2 tbsp olive oil
- 1 tbsp unsalted butter
- 1 onion
- 4 cup chicken broth
- 400 g tomato
- 1 tsp cilantro (coriander)
- 1 tsp fennel
- 1 tsp cumin
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the vegetables**

Dice 1 onion into small pieces. Remove the core from 400g cabbage and chop into bite-sized pieces. Set aside separately.
- 2 Heat the oil and butter**

Heat 2 tablespoons olive oil and 1 tablespoon butter in a large heavy-bottomed pot over medium heat until the butter melts and begins to foam, about 1-2 minutes.
- 3** Add the diced onion to the pot and cook, stirring occasionally, until softened and translucent, about 5 minutes.
- 4** Add 1 teaspoon each of salt, black pepper, paprika, cumin, and coriander to the onions. Stir constantly for 30 seconds until the spices are fragrant.
- 5 Cook the cabbage**

Add the chopped cabbage to the pot and stir to coat with the spiced onion mixture. Cook for 5-7 minutes, stirring occasionally, until the cabbage begins to soften and reduce in volume.
- 6** Pour in 4 cups chicken broth and bring to a boil over medium-high heat, about 5 minutes.

7 Simmer the soup

Reduce heat to low, cover the pot, and simmer gently for 20-25 minutes until the cabbage is completely tender when pierced with a fork.

8 Taste and adjust seasoning with additional salt and pepper as needed. Serve hot in bowls.

Tips

Cut cabbage into uniform pieces to ensure even cooking - smaller pieces will become more tender and integrate better with the broth, while larger pieces maintain more texture and bite.

Don't skip the step of grinding and toasting the spices, as this releases essential oils and creates a much more complex, aromatic flavor foundation for your soup.

For the richest flavor, use a combination of olive oil and butter for sautéing - the butter adds richness while the olive oil provides depth and prevents burning.

If using salted broth or stock, taste before adding additional salt, as the sodium content can vary significantly between brands and homemade versions.

Reserve a handful of fresh, finely chopped cabbage to stir in during the last few minutes of cooking for added texture and a fresh cabbage flavor contrast.

Break up the canned tomatoes by hand rather than chopping them with a knife - this creates irregular pieces that distribute better throughout the soup and release their juices more effectively.

Allow the soup to rest for 10-15 minutes after cooking before serving - this lets the flavors meld together and the temperature settle to the perfect eating temperature.

For meal prep, slightly undercook the vegetables on the initial preparation, as they'll continue to soften when reheated, maintaining better texture over multiple servings.