

- Prep Time: 15 minutes
- Cook Time: 35 minutes
- Total Time: 50 minutes
- Servings: 8 generous bowls
- Cooking Method: Stovetop Simmering
- Recipe Intensity / Difficulty: Low (Beginner-Friendly)
- Flavor Profile: Savory, herbal, and mildly tangy with a slight zesty kick

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Equipment Needed

- Large 6 to 8-quart Dutch oven or heavy-bottomed stockpot
- Sharp chef's knife and cutting board
- Measuring cups and spoons
- Wooden spoon or ladle

Ingredients

The Vegetable Base

- 1 large head Green Cabbage (approx. 2 lbs), cored and chopped into bite-sized pieces
- 1 large Yellow Onion, diced
- 4 cloves Garlic, minced

- 3 stalks Celery, sliced into thin half-moons
- 3 medium Carrots, peeled and diced
- 1 large Green Bell Pepper, cored and diced
- 1 cup Green Beans, trimmed and cut into 1-inch pieces (fresh or frozen)

The Aromatics & Liquids

- 1 can (28 oz) Diced Tomatoes, with their juices (no-salt-added preferred)
- 6 cups Low-Sodium Vegetable Broth (or bone broth for extra protein)
- 2 tablespoons Olive Oil (for initial sautéing)
- 1 tablespoon Tomato Paste

Seasonings & Herbs

- 1 teaspoon Dried Oregano
- 1 teaspoon Dried Thyme

- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Red Pepper Flakes (adjust for intensity)
- 1 Bay Leaf
- 1 teaspoon Sea Salt (or to taste)
- 1/2 teaspoon Ground Black Pepper
- 2 tablespoons Fresh Lemon Juice (added at the end for brightness)
- 1/4 cup Fresh Parsley, chopped (for garnish)

Cooking Process & Intensity Map

To help you manage stove temperature and timing efficiently, follow this step-by-step breakdown matched with visual intensity indicators:

Step	Action	Stovetop Heat Intensity	Duration
Step 1	Sauté Aromatics	Medium-High Heat	5 minutes
Step 2	Soften Veggies	Medium Heat	6–8 minutes
Step 3	Build Flavor	Medium Heat	2 minutes
Step 4	Bring to Boil	High Heat	5–7 minutes
Step 5	Simmer Soup	Low Heat (Gentle Simmer)	20 minutes
Step 6	Finish & Rest	Off Heat	5 minutes

Step-by-Step Instructions

Step 1: Build the Aromatic Base

Place your large stockpot or Dutch oven over Medium-High heat. Add 2 tablespoons of olive oil. Once shimmering, add the diced yellow onion and sliced celery. Cook for 4 to 5 minutes, stirring occasionally, until the onions become translucent and soft. Add the minced garlic and sauté for another 60 seconds until fragrant, taking care not to burn the garlic.

Step 2: Sauté Hard Vegetables

Turn the heat to Medium. Add the diced carrots, green bell pepper, and green beans to the pot. Stir well to mix with the garlic and onions. Cook for about 6 to 8 minutes, allowing the vegetables to start softening and developing natural sweetness.

Step 3: Integrate Tomato Paste and Spices

Clear a small space in the bottom of the pot and add 1 tablespoon of tomato paste. Stir it directly against the bottom of the pot for 1 minute to caramelize slightly. Sprinkle in the oregano, thyme, smoked paprika, red pepper flakes, sea salt, and black pepper. Stir all the vegetables until coated in the aromatics.

Step 4: Add Liquids & Cabbage

Pour in the canned diced tomatoes (with juices) and the 6 cups of vegetable broth. Scrape the bottom of the pot with a wooden spoon to release any browned bits. Add the chopped green cabbage and drop in the bay leaf. Stir thoroughly; the pot will look packed, but the cabbage reduces rapidly as it heats.

Step 5: Bring to a Boil then Simmer

Increase the stove intensity to High heat and bring the soup to a rolling boil. As soon as it boils, reduce the heat to Low, cover the pot with a tight-fitting lid, and allow it to simmer

gently for 20 minutes. The cabbage should be tender, and all flavors merged.

Step 6: Brighten and Serve

Remove the pot from the heat source completely. Remove and discard the bay leaf. Stir in 2 tablespoons of fresh lemon juice—this acidity cuts through the savory broth and enhances the fresh taste of the cabbage. Taste and adjust salt or black pepper if needed. Ladle into bowls and top with freshly chopped parsley.

Storage, Freezing & Meal Prep Guidelines

- **Refrigeration:** Allow the soup to cool to room temperature before transferring it into airtight containers. Store in the refrigerator for up to 5 days. The flavor often improves after 24 hours as the ingredients marinate together.
- **Freezing:** This soup freezes exceptionally well. Pour completely cooled soup into freezer-safe glass jars or silicone freezer molds (leave 1 inch of space at the top for liquid expansion). Freeze for up to 3 months. Thaw overnight in the fridge and reheat gently on the stovetop over medium-low heat.

Nutritional Information

Calculated per serving (1 bowl / approx. 1/8th of total recipe yield)

Metric	Amount Per Serving	% Daily Value
Calories	85 kcal	—
Total Fat	3.5 g	4%
<i>Saturated Fat</i>	0.5 g	3%
<i>Trans Fat</i>	0 g	—
Cholesterol	0 mg	0%

Metric	Amount Per Serving	% Daily Value
Sodium	420 mg	18%
Total Carbohydrate	12.5 g	5%
<i>Dietary Fiber</i>	4.2 g	15%
<i>Total Sugars</i>	5.8 g	—
Protein	2.8 g	6%
Vitamin C	48 mg	53%
Vitamin A	2100 IU	42%
Potassium	380 mg	8%
Calcium	55 mg	4%
Iron	1.2 mg	7%