

- Prep time: 15 minutes
 - Cook time: 45 minutes
 - Total time: 1 hour
 - Yield: 6-8 servings (about 3.5 quarts)
 - Cuisine: American
 - Course: Main Course, Soup
 - Difficulty: Easy
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Ingredients

- For the Soup Base:
 - 2 tablespoons olive oil
 - 1.5 lbs (680g) ground beef (80/20 or 85/15 lean ground beef works best for flavor)
 - 1 large yellow onion, diced
 - 3 medium carrots, peeled and diced
 - 3 stalks celery, diced
 - 4 cloves garlic, minced
- For the Broth & Seasonings:
 - 1 teaspoon dried oregano
 - 1 teaspoon dried thyme
 - 1.5 teaspoons smoked paprika
 - 1 teaspoon salt (plus more to taste)

- 1/2 teaspoon black pepper (plus more to taste)
 - 1 (14.5 oz / 411g) can diced tomatoes, undrained
 - 1 (6 oz / 170g) can tomato paste
 - 8 cups (2 quarts) low-sodium beef broth
 - 2 tablespoons Worcestershire sauce
 - 1 bay leaf
 - For the Vegetables & Finish:
 - 1 medium head of green cabbage (about 2 lbs / 900g), cored and chopped into bite-sized pieces
 - 2 tablespoons chopped fresh parsley (for garnish, optional)
 - Grated Parmesan cheese (for serving, optional)
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Instructions

Step 1: Brown the Beef

Heat the olive oil in a large Dutch oven or stockpot over medium-high heat. Add the ground beef and cook, breaking it up with a wooden spoon, until it is fully browned and no longer pink. This should take about 6-8 minutes. Use a slotted spoon to transfer the browned beef to a plate, leaving about 1-2 tablespoons of drippings in the pot. If there's an excess of fat, you can drain all but 1-2 tablespoons.

Step 2: Sauté the Aromatics

Reduce the heat to medium. Add the diced onion, carrots, and celery to the pot. Cook, stirring occasionally, until the vegetables have softened and the onions are translucent, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.

Step 3: Build the Flavor

Stir in the dried oregano, thyme, smoked paprika, salt, and black pepper. Cook for 30 seconds to toast the spices and coat the vegetables. Add the tomato paste and cook for another minute, stirring constantly, until it darkens slightly.

Step 4: Deglaze and Simmer

Pour in the beef broth and Worcestershire sauce, scraping up any browned bits from the bottom of the pot. This is key for flavor! Return the browned beef to the pot, and add the diced tomatoes (with their juices) and the bay leaf. Bring the soup to a boil, then reduce the heat to low, cover, and let it simmer for 20 minutes to allow the flavors to meld.

Step 5: Add the Cabbage

After 20 minutes, add the chopped cabbage to the pot. The pot will seem very full, but the cabbage will cook down significantly. Stir it in as best you can. Cover and continue to simmer for another 15-20 minutes, or until the cabbage is tender but still has a slight bite. Remove the bay leaf.

Step 6: Final Taste and Serve

Taste the soup and adjust seasoning with additional salt and pepper if needed. Ladle the hot soup into bowls. Garnish with fresh parsley and a sprinkle of grated Parmesan cheese, if

desired. Serve with crusty bread for dipping.

Chef's Notes & Variations

- For a Spicier Kick: Add a pinch of red pepper flakes along with the other dried spices in Step 3.
 - Vegetable Swap: Feel free to add other vegetables like diced bell peppers (add with the onions) or a cup of frozen green beans (add with the cabbage).
 - Rice or Pasta: To make it even heartier, add 1/2 cup of uncooked long-grain white rice or small pasta (like ditalini) along with the broth in Step 4. You may need to add an extra 1-2 cups of broth and increase the simmer time according to the package directions.
 - Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days. The flavors often get even better the next day. This soup also freezes beautifully for up to 3 months. Thaw overnight in the refrigerator before reheating.
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Nutrition Information

Disclaimer: The following nutrition information is an estimate and is provided for informational purposes only. It is calculated using an online nutrition calculator and is not a substitute for professional dietary advice. The actual values may vary based on the specific ingredients and brands you use.

Serving Size: 1 of 8 servings

- Calories: ~270 kcal
- Protein: ~20g
- Carbohydrates: ~16g
- Dietary Fiber: ~4g
- Sugars: ~8g
- Fat: ~14g
- Saturated Fat: ~5g
- Cholesterol: ~55mg
- Sodium: ~750mg (before adding extra salt)
- Potassium: ~700mg