- Prep time: 15 minutes
- Cook time: 6-8 hours
- Total time: 6 hours 15 minutes – 8 hours 15 minutes
- Yield: 6-8 servings
- Category: Soup, Main Course
- Cuisine: American, Comfort Food

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Ingredients

- 1 large head Green Cabbage (about 2-3 pounds), cored and roughly chopped into bite-sized pieces

- 2 large Yellow Onions, thinly sliced
- 3 cloves Garlic, minced
- 4 cups Low-Sodium Vegetable Broth (or chicken broth for a non-vegetarian version)
- 1 can (14.5 oz) Diced Tomatoes, undrained
- 2 large Carrots, peeled and sliced into rounds
- 2 stalks Celery, chopped
- 1 tsp Dried Thyme
- 1 tsp Smoked Paprika (optional, but adds a lovely depth)
- 1 Bay Leaf
- 1 tbsp Olive Oil
- 1 tsp Salt (adjust to taste)
- 1/2 tsp Black Pepper
- 1 tbsp Apple Cider Vinegar (stirred in at the end)

- Fresh Parsley, chopped, for garnish

Instructions

Step 1: Sauté the Aromatics (Optional but Recommended)
While not strictly necessary, sautéing the onions and garlic beforehand adds a significant layer of flavor. Heat the olive oil in a skillet over medium heat. Add the sliced onions and cook for 5-7 minutes until they begin to soften and turn translucent. Add the minced garlic and cook for another minute until fragrant. Transfer this mixture to the bottom of your slow cooker.

Step 2: Layer the Ingredients
Add the chopped carrots and celery to the slow cooker. Pile the chopped cabbage on top. It may look like a lot, but it will cook down significantly. Pour in the vegetable broth and add the diced tomatoes with their juices. Sprinkle in the dried thyme, smoked paprika, salt, and pepper. Tuck the bay leaf into the mixture.

Step 3: Slow Cook
Cover the slow cooker with its lid. Cook on LOW for 6-8 hours or on HIGH for 3-4 hours. The soup is ready when the cabbage is completely tender and the onions are very soft and sweet. The long, slow cook is key to developing the best flavor.

Step 4: Finish and Serve
Once the cooking time is up, carefully remove the bay leaf and discard it. Stir in the apple cider vinegar—this brightens up the flavors and cuts through the richness. Taste the soup and adjust the seasoning with additional salt and pepper if needed. Ladle the hot soup into bowls and garnish with a generous sprinkle of fresh chopped parsley. Serve with a slice of crusty bread for a complete meal.

Recipe Notes & Tips

- Cabbage Varieties: While green cabbage is classic, you can also use Savoy cabbage for a more tender texture or red cabbage for a stunning, deep purple color (note that the color may bleed into the other ingredients).
- Broth Matters: Use a high-quality vegetable or chicken broth that you enjoy the taste of, as it forms the base of the soup's flavor.
- Add Protein: For a more substantial meal, add a can of rinsed and drained cannellini beans or chickpeas in the last 30 minutes of cooking.
- Make it Heartier: Add 1/2 cup of uncooked pearl barley or brown rice along with the broth. You may need to increase the cooking time by 30-60 minutes and add a bit more broth.
- Storage: Store leftovers in an airtight container in the refrigerator for up to 5 days. This soup freezes beautifully for up to 3 months. Thaw overnight in the refrigerator before reheating.

Nutrition Information

Disclaimer: The following nutritional information is an estimate and is provided for informational purposes only. It is not a substitute for professional dietary advice. The values

will vary based on the specific ingredients and brands you use.

- Serving Size: 1/6 of the recipe
- Calories: 125 kcal
- Total Fat: 3g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 600mg (can be reduced by using low-sodium broth and adjusting salt)
- Total Carbohydrates: 20g
- Dietary Fiber: 6g
- Total Sugars: 9g
- Protein: 4g

Vitamins & Minerals (Approximate % Daily Value):

- Vitamin C: 80%
- Vitamin A: 70%
- Calcium: 8%
- Iron: 10%