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Description

Simmered slowly to tender perfection, this savory crockpot cabbage soup with ground beef brings together comforting textures and robust, savory flavors. It pairs wholesome, fiber-rich cabbage with lean ground beef in a rich tomato broth, creating a deeply satisfying meal. Naturally high in protein and low in carbohydrates, it is an effortless, feel-good dish that warms you up from the inside out.

Can This Crockpot Cabbage Soup with Ground Beef Support Weight Loss Goals?

Yes, this soup supports weight loss goals by combining lean ground beef with fiber-packed cabbage, helping you stay full and satisfied on fewer calories. The high protein content boosts satiety and preserves lean muscle mass, while keeping overall calories and net carbs minimal.

Does Crockpot Cabbage Soup with Ground Beef Fit a High-Protein Lifestyle?

Yes, this soup fits seamlessly into a high-protein lifestyle because lean ground beef provides a generous amount of muscle-supporting protein per bowl. Featuring nutrient-dense vegetables, beef broth, and savory seasonings, it keeps net carbs low while delivering hearty, satisfying nutrition. It is an ideal meal prep option for anyone following low-carb, keto, or high-protein daily eating plans.

My Personal Experience

- Makes busy weeknights completely effortless. Tossing everything into the slow cooker in the morning means coming home to a warm, ready-to-eat dinner with zero evening prep stress.
- Improves in flavor the next day. Allowing the cabbage and beef to meld in the broth overnight deepens the savory garlic and tomato notes wonderfully.
- Adapts easily to extra fridge veggies. Tossing in extra celery or diced bell peppers at the start uses up produce while maintaining the soup’s low-carb balance.

Perfect For:

Ideal for low-carb meal prep, cozy winter dinners, keto diet plans, high-protein weight management routines, and easy batch cooking weekends.

Why You’ll Love This Recipe:

- Delivers incredible flavor with minimal effort. The slow cooker tenderizes the cabbage and infuses the ground beef with rich savory herbs with almost no hands-on time.
- Keeps carbohydrates remarkably low. Replaces starchy pasta or rice with wholesome fibrous cabbage to keep net carbs down without sacrificing bulk.
- Packed with protein to keep you full. Uses lean ground beef as the star ingredient to supply substantial amino acids and long-lasting fullness.

Common Mistakes to Avoid:

- Overcooking the cabbage: Leaving the soup on high heat for too long can turn the cabbage overly mushy rather than tender-crisp.
- Skipping meat browning: Forgetting to brown and drain the ground beef beforehand leaves excess grease floating in the slow cooker.
- Cutting cabbage pieces too small: Finely shredded cabbage disintegrates completely during long slow cooker cycles, losing its pleasant texture.
- Adding dairy too early: If including cream or cheese, stirring it in at the beginning can cause it to curdle during long cooking hours.

Required Equipment:

- 6-quart slow cooker (Crockpot) — provides ample capacity for slow-simmering a large batch of soup evenly.
- Large skillet — browns and drains the ground beef thoroughly before it goes into the slow cooker.
- Wooden spoon — breaks up the ground beef and stirs the soup ingredients without scratching cookware.
- Ladle — serves the hot, hearty soup cleanly into bowls without splashing.

Storage Instructions:

Store cooled leftover soup in airtight glass or BPA-free plastic containers in the refrigerator for up to 4 days. For longer storage, freeze in portioned freezer-safe containers for up to 2 months; thaw overnight in the fridge before reheating. This high-protein soup retains its flavor and texture wonderfully through proper storage.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 6 hours (Low) or 3 hours (High)
- Total Time: 6 hours 15 minutes
- Servings: 6

Best Season for This Recipe: All-season (especially comforting in winter and autumn)

Total Calories (Per Serving): Approximately 290 kcal

Description Summary

This hearty crockpot cabbage soup features savory ground beef and tender green cabbage simmered in a rich tomato broth. It offers a satisfying, high-protein, and low-carb meal option that requires minimal effort. Enjoy a comforting bowl of goodness prepared effortlessly in your slow cooker.

 Ingredients:

- 1.5 lbs lean ground beef (90/10)
- 1 medium green cabbage (cored and coarsely chopped)
- 1 medium yellow onion (diced)
- 3 cloves garlic (minced)
- 4 cups beef bone broth (high-protein alternative to regular broth)
- 1 can (14.5 oz) diced tomatoes (undrained)

- 2 tbsp tomato paste
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp salt
- ½ tsp black pepper
- 2 bay leaves
- 2 tbsp olive oil (for browning beef)

Directions:

1. Brown the Beef: Heat olive oil in a large skillet over medium-high heat, add the diced onion and lean ground beef, and cook for 6 to 8 minutes until fully browned and no pink remains; drain any excess fat.
2. Transfer to Slow Cooker: Transfer the cooked ground beef and onions into your 6-quart slow cooker.
3. Add Vegetables & Liquids: Add the coarsely chopped green cabbage, minced garlic, diced tomatoes with juices, tomato paste, and beef bone broth into the slow cooker.
4. Season: Stir in the dried oregano, dried basil, salt, black pepper, and drop in the bay leaves, mixing thoroughly to combine all ingredients.
5. Slow Cook: Cover with the lid and cook on LOW heat for 6 hours (or HIGH heat for 3 hours) until the cabbage is tender and the flavors are fully melded.
6. Finish & Serve: Remove the bay leaves, give the high-protein soup a final stir, taste for seasoning, and ladle warm into bowls.

Nutrition Facts (Per Serving – Approximate):

- Calories: 290 kcal
- Fats: 14 g
- Cholesterol: 65 mg
- Sodium: 680 mg
- Potassium: 540 mg
- Total Carbohydrates: 12 g
- Fiber: 4 g
- Net Carbs: 8 g
- Sugars: 6 g
- Protein: 28 g
- Calcium: 95 mg

Notes:

- Storage: Keep refrigerated in sealed containers for up to 4 days or freeze for up to 2 months.
- Reheating: Warm individual portions on the stovetop over medium heat or microwave in 60-second intervals until hot.
- Allergy Info: Naturally gluten-free, dairy-free, and nut-free.
- Flavor Boost: Stir in a splash of apple cider vinegar or lemon juice right before serving to

brighten the rich broth flavors.