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Description

There is nothing quite like coming home to the cozy aroma of slow-cooked vegetables simmered to tender perfection. This slow-cooker cabbage and onion soup combines sweet caramelized onions with tender ribbons of green cabbage in a richly seasoned, collagen-packed bone broth base. Naturally low in carbohydrates and easily customized with your favorite lean protein additions, it is a deeply satisfying, guilt-free comfort bowl designed to nourish your body while keeping your wellness goals effortlessly within reach.

Can This Slow-Cooker Cabbage and Onion Soup Support Weight Loss Goals?

Yes, this soup is an ideal option for supporting weight management routine. Cabbage and onions are naturally rich in dietary fiber and high in water content, providing significant volume to keep you full without loading up on unnecessary calories. When paired with a nutrient-rich broth base, it delivers high satiety per serving, making it easier to maintain a clean, calorie-conscious meal plan.

Does Slow-Cooker Cabbage and Onion Soup Fit a High-Protein Lifestyle?

While traditional vegetable soups are mostly fiber-focused, this recipe is crafted using a high-protein bone broth foundation that naturally boosts its amino acid profile. Featuring wholesome ingredients like cabbage, sweet onions, garlic, and beef or chicken bone broth, it keeps net carbs exceptionally low while delivering solid protein density. It fits seamlessly into low-carb and keto-friendly diet plans, serving as a clean, protein-supportive staple.

My Personal Experience

- The ultimate set-it-and-forget-it meal: I love dumping all the chopped veggies and flavorful broth into the crockpot in the morning and returning to a house filled with incredible rich aromas. It completely takes the stress out of dinnertime while delivering a deeply comforting homemade dish.

- Melt-in-your-mouth veggie texture: The long, slow cooking process transforms simple cabbage and sharp onions into silky, tender morsels that absorb all the herbal seasonings. It turns humble pantry staples into a restaurant-quality bowl of soup every single time.

Perfect For

- Ideal Occasions: Cozy winter dinners, easy meal prep lunches, low-carb keto diet plans, and light post-workout recovery bowls.

Why You’ll Love This Recipe

- Hands-off and completely stress-free: Requiring only ten minutes of initial chopping, the slow cooker does all the heavy lifting so you can focus on your day. It is practically impossible to mess up, making it perfect for busy schedules.

- Naturally low-carb and macro-friendly: Loaded with gut-friendly fiber and lean protein broth, it satisfies hearty soup cravings without spiking your carbs. It keeps your daily macro targets easily on track.

Common Mistakes to Avoid

- Cutting the cabbage too thin: Shredding the cabbage paper-thin can cause it to dissolve into mush during a long slow-cook cycle; aim for thick 1-inch ribbons.
- Using plain water instead of rich bone broth: Using water eliminates the core protein source and results in a flat, watery broth lacking deep savory notes.
- Overfilling the slow cooker: Packing the crockpot to the very top prevents even heat distribution and slows down the cooking time of the vegetables.

Required Equipment

- Slow Cooker (Crockpot) — Slowly simmers ingredients over low heat to tenderize vegetables and infuse flavor thoroughly.
- Chef’s Knife — Enables fast, clean slicing of dense cabbage heads and onions.
- Large Cutting Board — Provides a spacious, safe surface to prep all your fresh produce.

Storage Instructions

Store leftover soup in an airtight glass container in the refrigerator for up to 4 to 5 days. You can also freeze it in freezer-safe containers or silicone soup cubes for up to 3 months. Reheat individual portions in a pot over medium-low heat on the stove or warm in the microwave until steaming hot.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 6 hours (on Low) or 3 hours (on High)
- Total Time: 6 hours 10 minutes

- Servings: 6 servings
- Best Season for This Recipe: All-season (especially cozy in Autumn/Winter)
- Total Calories (Per Serving): ~115 calories *(approximate estimate)*

 Ingredients

- Green cabbage (chopped into 1-inch pieces): 1 small head (about 5–6 cups) *(Note: Core removed before chopping.)*
- Yellow onions (thinly sliced): 2 large
- Garlic (minced): 4 cloves
- Beef or chicken bone broth: 6 cups *(Note: Bone broth yields the highest natural protein content per cup.)*
- Olive oil: 1 tablespoon
- Italian seasoning: 1 teaspoon
- Bay leaf: 1 dried
- Salt: 1/2 teaspoon *(Note: Adjust to preference depending on broth saltiness.)*
- Black pepper: 1/4 teaspoon
- Apple cider vinegar: 1 tablespoon *(Optional: Brightens up the savory broth at the end.)*

Directions

1. Drizzle the olive oil into the base of your slow cooker crock to prevent sticking and add a touch of healthy fat.

2. Add the chopped green cabbage, sliced yellow onions, and minced garlic directly into the slow cooker.

3. Pour in the bone broth over the vegetables until they are largely submerged, which serves as your key high-protein base.

4. Season the mix with Italian seasoning, dried bay leaf, salt, and black pepper, stirring gently to combine.

5. Cover and set heat levels: Cook on Low for 6 to 7 hours or on High for 3 to 4 hours.

6. Check visual cues & texture: The soup is done when the cabbage ribbons are silky-tender, translucent, and the onions are melt-in-your-mouth soft.

7. Finish and serve: Remove the dried bay leaf, stir in the optional apple cider vinegar for a pop of acidity, and ladle into warm bowls.

Nutrition Facts (Per Serving – Approximate)

- Calories: 115
- Fats: 3g
- Cholesterol: 0mg
- Sodium: 520mg
- Potassium: 380mg
- Total Carbohydrates: 10g
- Fiber: 3g
- Net Carbs: 7g

- Sugars: 5g
- Protein: 14g
- Calcium: 65mg

Notes

- Storage tips: Keep in airtight glass jars in the fridge for up to 5 days; the flavor improves on day two.
- Reheating instructions: Warm gently in a saucepan over medium heat until hot; avoid boiling rapidly to preserve veggie texture.
- Allergy notes: Naturally gluten-free, dairy-free, and nut-free.
- Flavor boosts: Stir in shredded cooked chicken breast or turkey sausage at the end to boost protein even higher.