Prep Time: 15 Minutes
Cook Time: 35 Minutes
Total Time: 50 Minutes
Servings: 6

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Introduction

There is nothing quite as comforting as a bowl of hearty soup on a chilly evening. This Ground Beef and Cabbage Soup is the ultimate one-pot meal. It combines savory ground beef, sweet tomatoes, and tender cabbage in a rich, flavorful broth. It is low-carb, packed with vegetables, and incredibly filling. Whether you are looking for a healthy weeknight dinner or a meal prep option for the week, this soup delivers on both flavor and nutrition.

Ingredients

For the Base:

- 1 lb (450g) lean ground beef (90/10 or 93/7 recommended)

- 1 tablespoon olive oil
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 3 medium carrots, peeled and sliced into rounds
- 2 stalks celery, chopped

For the Broth & Seasoning:

- 1 can (14.5 oz) diced tomatoes (with juices)
- 1 can (8 oz) tomato sauce
- 6 cups low-sodium beef broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon smoked paprika
- 1 bay leaf
- Salt and black pepper to taste
- Pinch of red pepper flakes (optional, for heat)

For the Vegetables:

- 1 medium head of green cabbage (about 2 lbs), cored and chopped into bite-sized pieces

- 2 tablespoons fresh parsley, chopped (for garnish)

Equipment Needed

- Large Dutch oven or heavy-bottomed soup pot
- Wooden spoon or spatula
- Chef’s knife and cutting board
- Measuring cups and spoons

Instructions

Phase 1: Preparation (Time: 15 Minutes | Intensity: Low)

1. Prep the Vegetables: Begin by washing all produce. Dice the onion, mince the garlic, slice the carrots, and chop the celery. Core the cabbage and roughly chop it into bite-sized pieces. Set aside.

2. Measure Spices: Measure out your dried oregano, basil, and smoked paprika into a small bowl so they are ready to go.

Phase 2: Browning the Beef (Time: 8 Minutes | Intensity: Medium-High)

1. Heat the Pot: Place your large Dutch oven or soup pot over medium-high heat. Add the olive oil.

2. Cook the Beef: Once the oil is shimmering, add the ground beef. Break it apart with a wooden spoon or spatula.

3. Brown: Cook for 5-7 minutes until the beef is no longer pink and is browned. Tip: Do not

stir constantly; let the beef sit for a minute at a time to develop a nice crust.

4. Drain: If you are using beef with a higher fat content, carefully tilt the pot and spoon out excess grease, leaving about 1 tablespoon behind for flavor.

Phase 3: The Aromatics (Time: 5 Minutes | Intensity: Medium)

1. Sauté: Add the diced onion, sliced carrots, and chopped celery to the pot with the beef. Sauté for 4-5 minutes until the onions become translucent and the vegetables begin to soften.

2. Add Garlic: Stir in the minced garlic and cook for 30 seconds until fragrant. Be careful not to burn the garlic, as it will turn bitter.

Phase 4: Building the Flavor (Time: 5 Minutes | Intensity: Medium)

1. Deglaze: Pour in the diced tomatoes (with their juices) and the tomato sauce. Scrape the bottom of the pot with your spoon to lift any browned bits (fond) from the beef. This is where the flavor lives!

2. Season: Add the oregano, basil, smoked paprika, bay leaf, salt, pepper, and red pepper flakes (if using). Stir to combine.

3. Add Broth: Pour in the beef broth and stir well. Bring the mixture to a gentle boil, then reduce the heat to low to maintain a simmer.

Phase 5: Simmering (Time: 10 Minutes | Intensity: Low)

1. Simmer: Allow the soup base to simmer for 10 minutes. This allows the carrots and celery to start softening and the flavors of the herbs to meld into the broth.

Phase 6: The Cabbage (Time: 15 Minutes | Intensity: Low-Medium)

1. Add Cabbage: Add the chopped cabbage to the pot. It will look like a mountain of cabbage, but it will cook down significantly.

2. Stir: Stir the cabbage into the liquid. Cover the pot with a lid and cook for 12-15 minutes, or until the cabbage is tender but not mushy. Stir occasionally to ensure even cooking.

3. Taste: Remove the bay leaf. Taste the soup and adjust seasoning with additional salt and pepper if needed.

Phase 7: Serving (Time: 2 Minutes | Intensity: Low)

1. Garnish: Ladle the soup into bowls. Garnish with fresh chopped parsley for a pop of color and freshness.

2. Serve: Serve hot with crusty bread or a side salad.

Recipe Notes & Variations

- Make it Spicy: If you like heat, add a diced jalapeño with the onions or increase the red pepper flakes.

- Low-Carb/ Keto: This recipe is already low-carb. To make it Keto-friendly, ensure your tomato products have no added sugar.

- Vegetable Swaps: Feel free to add green beans or bell peppers if you have them on hand. Add them in Phase 3 with the carrots.

- Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days. The flavor often improves the next day!

- Freezing: This soup freezes beautifully. Allow it to cool completely, then transfer to

freezer-safe bags or containers. Freeze for up to 3 months. Thaw overnight in the fridge before reheating.

Nutrition Information (Estimated)

Disclaimer: Nutritional information is estimated per serving (1/6 of recipe) using standard ingredient measurements. Actual values may vary based on specific brands and cuts of meat used.

- Calories: 245 kcal
- Total Fat: 9g
- Saturated Fat: 3g
- Trans Fat: 0g
- Cholesterol: 50mg
- Sodium: 650mg (varies based on broth)
- Total Carbohydrates: 16g
- Dietary Fiber: 5g
- Total Sugars: 8g
- Protein: 24g
- Vitamin A: 60% DV
- Vitamin C: 60% DV

- Calcium: 8% DV
- Iron: 15% DV