

# ☆ Cabbage Soup

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**Prep:** 15m   **Cook:** 30m   **Total:** 45m

Yield: 6 servings

Dinner

Low Cal

Soup



## Ingredients

- 3 tablespoons olive oil
- 1 yellow onion (diced)
- 4 cloves garlic (minced)
- 2 tablespoons tomato paste
- 14.5 ounces can diced tomatoes
- 1 teaspoon kosher salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried Italian seasoning herbs
- 1/2 teaspoon black pepper or to taste
- 1/2 head cabbage (chopped into 1-2 inches chunks)
- 3 carrots (peeled and chopped)
- 1 small zucchini (chopped)
- 2 stalks celery (chopped)
- 8 ounces green beans (trimmed and halved)
- 8 cups vegetable broth (or low sodium chicken broth)

## Instructions

1. In a large pot or Dutch oven over medium heat add the olive oil. Once it starts simmering, add the onion and garlic, and cook until the onions are translucent, for about 3-4 minutes.
2. Add tomato paste, stir and cook for 1 minute.
3. Add the rest of the ingredients and the broth.
4. Bring to a boil, reduce heat to low-medium and simmer for 30 minutes, or until the veggies are tender.
5. Serve hot.