

Long Livo

Cabbage Fat Burning Soup Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 1 tablespoon olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 2 carrots, diced
- [ ] 3 celery stalks, diced
- [ ] 1 small head green cabbage, shredded (about 6 cups)
- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 6 cups vegetable broth
- [ ] 1 teaspoon dried thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste

Optional Garnishes

- [ ] Fresh parsley, chopped
- [ ] Lemon wedges
- [ ] Red pepper flakes

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir occasionally so it doesn't brown.
2. Add the minced garlic and cook for another minute until fragrant. Then stir in the diced carrots and celery. Cook for 5 minutes until they start to soften.
3. Add the shredded cabbage to the pot. It will seem like a lot at first, but it wilts down significantly. Cook for about 5 minutes, stirring occasionally.
4. Pour in the diced tomatoes with their juices and the vegetable broth. Add the thyme and bay leaf. Bring to a boil, then reduce heat and simmer for 20 minutes.
5. Remove the bay leaf and season with salt and pepper to taste. Serve hot, garnished with fresh parsley and a lemon wedge if desired.

Nutrition per serving

85 kcal	3 g	15 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup thickens as it cools - add a little extra broth when reheating if needed
- For a heartier version, add a can of white beans or chickpeas
- Fresh herbs like parsley or dill brighten up the flavors nicely