

Long Livo

Cabbage Soup with Ground Beef Recipe

15 min Prep time	**40 min** Cook time	**55 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

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

For Serving (Optional)

- [ ] Fresh parsley, chopped
- [ ] Crusty bread or rolls

Instructions

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the ground beef and cook, breaking it up with a spoon, until browned. This usually takes about 5-7 minutes. Drain off any excess fat if necessary.
2. Add the chopped onion, carrots, and celery to the pot. Cook, stirring often, until the vegetables start to soften, about 5 minutes. Stir in the minced garlic and cook for another minute until fragrant.
3. Add the chopped cabbage, canned tomatoes with their juice, beef broth, dried thyme, bay leaf, and a good pinch of salt and pepper. Bring the soup to a boil.
4. Once boiling, reduce the heat to low, cover the pot, and let the soup simmer gently for about 30-35 minutes, or until the cabbage and carrots are tender.
5. Remove the bay leaf. Taste the soup and adjust the seasoning with more salt or pepper if needed. If you're in the mood for something with a different profile, this soup has the same comforting vibe as a hot and sour soup, though the flavors are more rustic.
6. Ladle the soup into bowls, garnish with fresh parsley if you like, and serve hot with crusty bread on the side. It's a complete, satisfying meal all on its own.

Nutrition per serving

285 kcal	26 g	22 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, you can use beef stock instead of broth.
- This soup thickens as it sits. Add a bit more broth when reheating if you prefer a thinner soup.
- You can add a can of drained kidney beans or white beans for extra protein and fiber.