

Long Livo

Lemon Dill Cabbage Soup Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Soup Base

- [ ] 1 tablespoon olive oil
- [ ] 1 medium yellow onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 medium carrot, grated
- [ ] 6 cups vegetable broth
- [ ] 1/2 teaspoon salt (or to taste)
- [ ] 1/4 teaspoon black pepper

Main Ingredients

- [ ] 1 small head green cabbage (about 4 cups thinly sliced)
- [ ] 1/4 cup fresh dill, chopped
- [ ] Juice of 1 large lemon (about 3 tablespoons)
- [ ] Lemon zest (optional, for serving)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook, stirring now and then, until it becomes soft and translucent, about 5 minutes. Add the garlic and grated carrot and cook for another minute until it smells really good.
2. Pour in the vegetable broth and bring everything to a gentle boil. Season with the salt and pepper. Let it simmer for about 5 minutes to let the flavors start to come together.
3. Add the thinly sliced cabbage to the pot. Stir it in and let the soup simmer for another 5 to 7 minutes, just until the cabbage has wilted and is tender but still has a little bit of a bite to it. You don't want it mushy.
4. Turn off the heat. Stir in the fresh chopped dill and the fresh lemon juice. Taste the soup and adjust the seasoning if it needs more salt, pepper, or even a little more lemon juice.
5. Ladle the hot soup into bowls. If you like, you can grate a little bit of lemon zest over the top for an extra burst of flavor. Serve immediately.

Nutrition per serving

85 kcal Calories	**2 g** Protein	**12 g** Carbs	**4 g** Fat

Tips & notes

- Be careful not to overcook the cabbage. It should be tender-crisp, not soft and soggy.
- The saltiness of broths can vary a lot, so always taste before adding extra salt.
- This soup is best enjoyed the day it's made, as the cabbage continues to soften in the broth.