

Choco Fever Dream

Cabbage Soup Recipe for Healthy Eating

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1/2 head green cabbage, thinly sliced
- [ ] 4 cups low-sodium chicken broth
- [ ] 2 carrots, thin match-sticks
- [ ] 2 celery stalks, thin match-sticks
- [ ] 1 small onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh thyme leaves
- [ ] 1 tbsp apple cider vinegar
- [ ] 2 tbsp olive oil
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté until fragrant, about 2 minutes.
2. Add carrots and celery, stir for another 2 minutes until they just begin to soften.
3. Pour in the chicken broth, bring to a gentle boil, then lower heat to a simmer.
4. Add the sliced cabbage and thyme, simmer for 5-7 minutes until cabbage is tender-crisp.
5. Stir in apple cider vinegar, season with salt and pepper, and remove from heat.
6. Ladle into bowls, drizzle a little extra olive oil, and serve hot.

Nutrition per serving

150 kcal	10 g	15 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, roast the cabbage briefly before adding to the broth.
- Adjust acidity with more or less vinegar to suit your palate.
- A touch of smoked paprika adds a subtle smoky warmth.