

Cabbage Soup

By [Lidey Heuck](#)

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Christopher Testani for The New York Times. Food Stylist: Cyd Raftus McDowell.

Total Time About 1 hour

Prep Time 20 minutes

Cook Time 45 minutes

Rating 4 ★★★★★ (311)

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INGREDIENTS

Yield: 6 servings

3 tablespoons extra-virgin olive oil

1 large yellow onion, chopped

Cabbage soup has been a staple in Eastern European cuisines as far back as the Middle Ages, when cabbage was one of the most readily available fresh vegetables. Even today, there is something undeniably comforting and restorative about this brothy yet hearty soup. While some variations call for chicken broth, this one is entirely vegan (though chicken broth certainly works if that's what you have on hand). Cook the recipe as written, or make it your own by adding other vegetables from your fridge, or a can of rinsed white beans to make it more filling.

PREPARATION

Step 1

In a large pot or Dutch oven, heat the oil over medium. Add the onion, carrots and celery and cook, stirring occasionally, until the vegetables are tender-crisp. Add the garlic, Italian seasoning, crushed red pepper, 1 teaspoon salt (or 1½ teaspoons if you're using low-sodium broth) and ½

2 medium carrots, diced (1½ cups)

~~2 to 3 ribs celery, diced (1½ cups)~~

4 large garlic cloves, minced (2 tablespoons)

1 teaspoon Italian seasoning

Crushed red pepper, to taste

Kosher salt (such as Diamond Kosher) and black pepper

1 large Yukon gold potato, diced (about 8 ounces)

1 tablespoon tomato paste

4 cups vegetable broth

1 (14-ounce) can diced tomatoes

6 cups chopped green cabbage (from 1 small cabbage)

1 teaspoon red wine vinegar

¼ cup chopped fresh parsley, plus more for serving

teaspoon black pepper; cook until the garlic is fragrant, 1 minute.

Step 2

Add the potatoes and tomato paste and cook, stirring often, until the paste is fully incorporated and begins to brown on the bottom of the pot, 2 to 3 minutes. Pour in the broth and diced tomatoes (with their juices) and bring to a simmer over medium-high heat. Stir in the cabbage, lower the heat and simmer, partially covered and stirring occasionally, until the potatoes are fork tender, 20 to 25 minutes.

Step 3

Off the heat, add the vinegar and parsley. Taste and add more salt and pepper, if necessary. Serve hot, topped with more parsley. The soup will keep for up to 5 days in the refrigerator or 3 months in the freezer (see Tip).

TIP

To freeze soup, cool to room temperature in the pot, then transfer to an airtight container. Thaw overnight in the fridge, or run the container under hot tap water until the soup releases. Reheat in a pot on the stove, partially covered, until the soup comes to a simmer, adding more water or broth if necessary.

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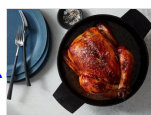
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