



Healing Cabbage Soup

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Prep
30 m

Cook
45 m

Ready In
1 h 15 m

Recipe By: JGCASE

"My body craves this soup whenever I have a cold, but it's good anytime. Due to the garlic, however, it might be a good idea to be sure that everyone around you eats it, too!"

Ingredients

| | |
|---------------------------------------|---|
| 3 tablespoons olive oil | 1 teaspoon salt, or to taste |
| 1/2 onion, chopped | 1/2 teaspoon black pepper, or to taste |
| 2 cloves garlic, chopped | 1/2 head cabbage, cored and coarsely chopped |
| 2 quarts water | 1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced |
| 4 teaspoons chicken bouillon granules | |

Directions

- 1 In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.
- 2 Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.
- 3 Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

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