Hearty Beef and Cabbage Soup

A savory low-carb soup packed with protein-rich minced beef and tender cabbage, perfect for a cozy, healthy meal.

Servings: 2 **Time:** 45 minutes

Ingredients

- 8 oz lean minced beef
- 4 cups chopped green cabbage
- 1 small onion, diced
- 2 cloves garlic, minced
- 4 cups beef broth (low sodium)
- 1 cup diced tomatoes (canned, no sugar added)
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp dried thyme
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/4 tsp red pepper flakes (optional)
- 2 tbsp fresh parsley, chopped

Instructions

1. Heat olive oil in a large pot over medium heat.
2. Add diced onion and minced garlic, sauté until translucent, about 3-4 minutes.
3. Add minced beef, breaking it apart with a spoon, and cook until browned, about 6-7 minutes.
4. Stir in smoked paprika, thyme, salt, black pepper, and red pepper flakes if using.
5. Add chopped cabbage, diced tomatoes, and beef broth; stir to combine.
6. Bring the soup to a boil, then reduce heat to low and simmer uncovered for 25-30 minutes, until cabbage is tender.
7. Taste and adjust seasoning if needed.
8. Serve hot, garnished with fresh parsley.

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