

Mediterranean Cabbage Soup



This vegan soup recipe is surprisingly easy to make. The flavorful broth is spiked with garlic, tomatoes and a hint of coriander. Just slice and dice your cabbage and fennel and you'll be enjoying this quick healthy soup in no time.

Active: 30 mins

Total: 30 mins

Servings: 6



Ingredients

2 tablespoons extra-virgin olive oil

1 cup chopped carrots

1 cup sliced fennel, fronds reserved for garnish

½ cup chopped onion

2 teaspoons minced garlic

½ teaspoon ground coriander

½ teaspoon salt

6 cups low-sodium vegetable broth

1 (15 ounce) can no-salt-added diced tomatoes with basil, garlic and oregano

1 small head green cabbage (1 1/2 lbs.), chopped

1 (15 ounce) can unsalted cannellini beans, rinsed

2 teaspoons sugar

1 teaspoon chopped fresh oregano

1 teaspoon Lemon zest for garnish

Directions

Step 1

Heat oil in a large heavy pot over medium-high heat. Add carrots, fennel and onion; cook, stirring occasionally, until starting to soften, about 5 minutes. Add garlic, coriander and salt; cook, stirring constantly, until fragrant, about 1 minute. Add broth and tomatoes; bring to a boil. Add cabbage; reduce heat to medium. Cook, stirring occasionally, until the cabbage is tender, 20 to 25 minutes.

Step 2

Stir in beans, sugar and oregano; cook until the beans are heated through, about 3 minutes. Sprinkle with lemon zest and reserved fennel fronds, if desired; serve immediately.

Nutrition Facts

Serving Size: 2 Cups

Per Serving:

205.2 calories; protein 6.2g 12% DV; carbohydrates 31g 10% DV; exchange other carbs 2; dietary fiber 9.6g 38% DV; sugars 14.5g; fat 5.5g 8% DV; saturated fat 0.7g 3% DV; vitamin a iu 4117.3IU 82% DV; vitamin c 103.1mg 172% DV; folate 10.5mcg 3% DV; calcium 153.5mg 15% DV; iron 2.6mg 15% DV; magnesium 36.5mg 13% DV; potassium 669.8mg 19% DV; sodium 426.5mg 17% DV; thiamin 0.4mg 36% DV; added sugar 1g.

Exchanges: 3 1/2 Vegetable, 1 Fat, 1/2 Lean Protein, 1/2 Starch

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