



Southern-Style Creamy Cabbage Soup

Description

Ingredients

1 medium head of green cabbage, chopped
1 large onion, diced
3 cloves garlic, minced
4 cups chicken or vegetable broth
1 cup heavy cream
2 tablespoons butter
1/2 teaspoon smoked paprika
Salt and pepper to taste
Fresh parsley, chopped (for garnish)

Directions

1. In a large pot, melt the butter over medium heat. Add the diced onion and cook until soft and translucent, about 5 minutes.
2. Add the minced garlic and cook for another 1-2 minutes, until fragrant.
3. Stir in the chopped cabbage and cook until it begins to soften, approximately 10 minutes.
4. Pour in the chicken or vegetable broth, bringing the mixture to a boil. Reduce the heat and let it simmer for about 20 minutes, until the cabbage is tender.
5. Using an immersion blender, blend the soup until it reaches your desired consistency. For a chunkier soup, blend only a portion of it.
6. Stir in the heavy cream and smoked paprika, allowing the soup to heat through until creamy and well combined. Season with salt and pepper to taste.
7. Serve hot with a sprinkle of fresh parsley on top for garnish.

Variations & Tips

For a lighter version, you can substitute the heavy cream with half-and-half or milk. If you prefer a bit of protein, add cooked, shredded chicken or browned sausage to the soup. For a vegetarian take, make sure to use vegetable broth and consider adding a can of drained white beans for extra texture and nutrition. To spice things up, add a pinch of red pepper flakes or a dash of hot sauce to the soup.

Category

1. Grandma Recipes

Date Created

02/02/2025

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