

# Low Calorie Spicy Cabbage Soup

A delicious, low calorie (but filling) way to enjoy cabbage! Great for fighting bloat.

Servings: 6 bowls

Calories: 67kcal

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W MEDIAVINE

## Ingredients

- 1 T . olive oil
- 1 c . yellow onion , chopped
- 1/4 of a green bell pepper
- 1 c . celery , chopped
- 3 garlic cloves , minced
- 1/4-1/2 t . red pepper flakes
- 1 t . dried oregano
- 1 t . dried basil
- 1 bay leaf
- 1/2 head green cabbage (~3-4 cups), shredded
- 1/2 c . tomato puree (see Notes)
- 3 1/2 c . water (or broth of choice)
- 1/3 c . fresh parsley , chopped
- lemon wedges , for serving, optional
- salt and pepper , to taste

## **Instructions**

1. Heat oil in a pot.
2. Add in onion and bell pepper, and saute for 2-3 minutes.
3. Add celery, garlic, spices, and a sprinkle of salt.
4. Cook another 2-3 minutes.
5. Add in bay leaf, cabbage, tomato puree, and water or broth.
6. Bring to a boil.
7. Lower to a simmer, and cook for 15-20 minutes.
8. Stir in parsley.
9. Add salt and pepper to taste.
10. Serve and squeeze in some fresh lemon juice to taste (optional).

## **Notes**

Fat: 2.6 g Carbs: 10.8 g Sugar: 5.1 g Protein: 1.9 g; Nutrition facts based on using water. WW SmartPoints: 2