cabbage, Carrots, Low Carb, Sausage, Tomatoes, Vegetables

Italian Sausage and Cabbage Soup

Adapted from several online recipes



1 tablespoon olive oil
1 1/2 cups yellow onion, diced
3 large garlic cloves, minced
1 1/2 cups carrots, diced
1 1/4 cups celery, diced small
1 pound Italian sausage, sweet or hot, cut into small chunks with sharp scissors
1/2 cup vermouth
4 cups low-sodium chicken broth
14 ounces diced tomatoes, fire roasted if available
6 ounces tomato paste, low sodium, if possible
3 inch parmesan rind
2 teaspoons dried thyme
1 teaspoon dried basil, or use fresh, several leaves
1 teaspoon dried oregano
1 pinch red pepper flakes
1/2 teaspoon dried fennel
3 whole bay leaves
1 small cabbage, sliced, then chopped
1/2 teaspoon dried fennel, sprinkled on top when served
Italian parsley and grated Parm for garnish

Per Serving (excluding unknown items): 281 Calories; 17g Fat (53.4% calories from fat); 13g Protein; 20g Carbohydrate; 4g Dietary Fiber; 39mg Cholesterol; 419mg Sodium; 9g Total Sugars; 0mcg Vitamin D; 72mg Calcium; 3mg Iron; 844mg Potassium; 177mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Heat a large Dutch oven over a medium heat and add olive oil. Once shimmering, add onion and allow to sweat until onion is translucent, about 4 minutes. Reduce heat if needed so onion doesn't burn. Add carrots and celery to the pan and continue to cook over lower heat for about 5-7 minutes. Add garlic and stir frequently for about one minute. Then add sausage and cook for about 5-7 minutes until the meat is no longer pink.
2. Add vermouth and allow it to simmer until the liquid is almost evaporated, about 5 minutes.
3. Add chicken broth, canned tomatoes, tomato paste, parmesan rind, dried thyme, dried basil, dried oregano, fennel, red pepper flakes and the bay leaves. Mix well until tomato paste is well incorpporated, then bring mixture to a low simmer. Add cabbage and stir in. Press the cabbage down into the brothy mixture. If needed, add more broth to cover the cabbage.
4. Cover the pot, bring mixture to a simmer and cook for 25 minutes. Remove Parmesan rind and discard.
5. Serve the soup with grated Parm and chopped parsley.