

Easy Kale and Cabbage Soup (no tomatoes) recipe

Submitted by [lola19](#)

Makes 6 servings

Delicious low calorie, detoxing vegetable soup. Easy to make the broth take on a variety of flavors. I like Spicy!

Recipe Ingredients for Kale and Cabbage Soup (no tomatoes)

- 5 cloves, raw [Garlic](#)
- 2.5 medium [Carrots](#)
- 3 medium stalk, raw [Celery](#)
- 5 fl oz [Organic Vegetable Broth](#)
- 0.75 head, medium (about 5-3/4" dia) [Cabbage](#)
- 2 cup, chopped [Kale](#)
- 1 medium [Squash, Summer, Zucchini, Includes Skin](#)
- 1 cup [Cauliflower](#)
- 1.5 cup (8 fl oz) [Water](#)
- 1 g [Cumin Powder](#)
- 2 tsp [Curry Powder](#)
- 2 tbsp [Soy Sauce](#)
- 1 tablespoon [Rosemary](#)
- 2.5 tsp, leaves [Thyme, Dried](#)

Recipe Directions for Kale and Cabbage Soup (no tomatoes)

Chop garlic and carrots and toss in a soup pot with about 1 cup of water and 1/2 cup broth. Then chop the rest of the vegetables, (zucchini last), and throw them in to the pot slowly adding a bit more water and broth as the veggies begin to wilt. Add spices and once all veggies and most spices are in the pot, bring to a boil. Then let simmer and add more spices and salt to taste as the soup develops.

Read more: [Calories in Kale and Cabbage Soup \(No Tomatoes\) | Nutrition and Health Facts](#) <http://www.caloriecount.com/kale-cabbage-soup-no-tomatoes-recipe-r1330341#ixzz3iyuQUB10>