

# Healthy Recipe: Cabbage Miso Soup

Ready for a healthy New Year? Like all plants in the brassica family, cabbage contains compounds shown to help protect against some types of cancers.

January 7, 2022 By Cook for Your Life

---

This recipe shows off just how delicious cabbage is, with umami-rich miso present for added complexity and nutritional value. Miso, a fermented soybean paste popular in both Japan and Korea, is full of trace minerals that might help strengthen the immune system and is also high in protein, crucial for maintaining energy and stamina. When shopping for miso, the darker the color the stronger the taste.

20 min prep

4 servings

8 ingredients

## Ingredients

- 6 cups [Basic Vegetable Stock](#) or water
- 4 cups chopped green [cabbage](#)
- 2 celery ribs, sliced on a bias
- 1 yellow [onion](#), halved and thinly sliced
- 1 [carrot](#), thinly sliced (see Ann's Tips)
- 8 [garlic](#) cloves, 4 finely chopped and 4 sliced
- ⅓ cup red miso
- Sesame oil (optional)

## Directions

1. Bring 6 cups of water or vegetable broth to a boil in a large soup pot. Add cabbage, celery, onion, carrot, and sliced garlic. Cover, reduce to medium-low heat, and cook for about 15 to 20 minutes, or until vegetables are tender.
2. Stir in chopped garlic, then turn off heat. Dissolve miso with some of the hot soup liquid in a cup or

bowl, then pour it back into the pot. Ladle soup into bowls. For an extra zing of flavor, add a few drops of sesame oil to each bowl just before serving.

## Chef Tips

Do not bring the soup back to a boil before eating. Miso loses its nutrients when boiled. Try substituting daikon or Japanese radish for the carrot. The chopped garlic can be added with all the vegetables in the beginning if you prefer a sweet, less pungent garlic taste.

## Nutrition Facts (per serving)

Calories: 172; Fat: 8g; Saturated Fat: 1g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 3g; Carbohydrates: 24g; Sugar: 6g; Fiber: 7g; Protein: 4g; Sodium: 101 mg

## Registered Dietician Approved

All our recipes are created by chefs and reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#).

[This recipe was originally published on Cook for Your Life](#). It is used by permission.