

Caramelized Cabbage & Onion Soup with Cheesy Croutons

Yield: ~1.8 kg soup
(6 large bowls at 300 g / 8 small bowls at 225 g)



Ingredients — Soup

- 115 g unsalted butter, divided
- 900 g green cabbage, cored and sliced into 1–1.5 cm strips
- 225 g yellow onion, halved and sliced 5–6 mm thick
- Salt + MSG blend, to taste
- Black pepper, to taste

- 20 g tomato paste
- 120 ml dry white wine or dry sake
- 2 × 400 g cans white beans (cannellini or equivalent), with liquid
- 1 Parmesan rind (8–10 cm)
- 1.6 liters water
- 2 T / 30 ml low-sodium soy sauce
- 2 cloves garlic, divided

Ingredients — Cheesy Croutons

- 90 g sourdough or country bread, 1.5 cm cubes
- 60 g unsalted butter
- 15 g grated Parmesan
- 2 T finely chopped parsley
- Black pepper, to taste

Instructions — Soup

1. Melt **55 g butter** in a large Dutch oven over **medium-high heat**.
2. Add **half the cabbage** and **onions** with a pinch of **salt**; **cook 3–4 minutes** until wilted.
3. Add **remaining cabbage** and **onions**; **cook another 3–4 minutes**, then **reduce heat to medium**.
4. **Cook 25–30 minutes**, stirring occasionally, until very soft and deeply golden.
5. Add **tomato paste** and **cook 2–3 minutes** until dark rust-colored.
6. Add **wine** or **sake**; **boil 1–2 minutes**, scraping the pot.
7. Add **beans with liquid**, **Parmesan rind**, **water**, and **1 grated clove garlic**.
8. Bring to a boil, then reduce to **medium-low** and **simmer 20 minutes**.
9. Turn off heat; stir in **soy sauce**.
10. Season with **salt + MSG** blend and **pepper** to taste.
11. If using sake and soup tastes flat, add 1–2 tsp **lemon juice**.

Instructions — Croutons

12. Melt remaining **60 g butter** in a skillet over **medium heat**.
13. Add **bread cubes** and **toast 5–6 minutes** until golden and crisp.
14. Transfer to a bowl; add **Parmesan, parsley, remaining garlic** (grated), and **pepper**.

Bean Substitution Notes

- Great Northern beans: 1:1 substitute; closest to cannellini.
- Navy beans: 1:1 substitute; add up to 100 ml extra water if soup thickens too much.
- Chickpeas: use 1:1; lightly crush ½ cup beans and simmer 25 minutes total.
- White kidney beans (白いんげん豆): very good substitute; slightly firmer skins.
- Soybeans: use only if very tender; best mixed 50/50 with white beans.
- Avoid red kidney beans, black beans, or lentils for this soup.

Notes

- Caramelization time is critical; do not rush.
- Lower sodium strategy relies on depth from cabbage, onion, Parmesan rind, and beans.

Nutrition — Soup Only

Per Small Bowl (225 g):

Kcal: **215** | Protein: **7 g** | Fat: **13 g** | Sat. Fat: **7 g** | Carbs: **19 g** | Sugars: **6 g** |
Fiber: **6 g** | Sodium: **420 mg** | Omega-3: **0 g**

Per Large Bowl (300 g):

Kcal: **285** | Protein: **9 g** | Fat: **17 g** | Sat. Fat: **9 g** | Carbs: **25 g** | Sugars: **8 g** |
Fiber: **8 g** | Sodium: **560 mg** | Omega-3: **0 g**

Nutrition — Soup + Cheesy Croutons (Typical Topping)

(Assumes ~15 g croutons per bowl)

Small Bowl (225 g soup + croutons):

Kcal: **300** | Protein: **9 g** | Fat: **19 g** | Sat. Fat: **9 g** | Carbs: **25 g** | Sugars: **6 g** |
Fiber: **6 g** | Sodium: **500 mg** | Omega-3: **0 g**

Large Bowl (300 g soup + croutons):

Kcal: **370** | Protein: **11 g** | Fat: **23 g** | Sat. Fat: **11 g** | Carbs: **31 g** | Sugars: **8 g** |
Fiber: **8 g** | Sodium: **650 mg** | Omega-3: **0 g**