



Ground Beef and Cabbage Skillet Recipe Card

A hearty one-pan dinner made with seasoned ground beef, tender cabbage, onions, and tomatoes. This budget-friendly skillet is low-carb, filling, and perfect for busy weeknights.

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 4

Calories: Approximately 340 per serving

Ingredients

- 1 pound ground beef
- 1 small head green cabbage, chopped (about 6–7 cups)
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 can (14.5 ounces) diced tomatoes, drained
- 2 tablespoons tomato paste
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes (optional)
- 2 tablespoons chopped fresh parsley (optional garnish)

Instructions

1. Heat a large skillet over medium heat. Add the ground beef and cook until browned, about 5–7 minutes. Drain excess grease if needed and set aside.
2. Add olive oil to the skillet. Cook the diced onion for 3–4 minutes until softened, then stir in the garlic and cook for 30 seconds.
3. Add the chopped cabbage and cook for 6–8 minutes, stirring occasionally, until softened.
4. Return the ground beef to the skillet. Stir in diced tomatoes, tomato paste, smoked paprika, Italian seasoning, salt, pepper, and red pepper flakes.
5. Reduce heat to low and simmer for 5–7 minutes until heated through and flavors combine.
6. Garnish with parsley if desired and serve warm.

Notes

- For extra richness, top with shredded cheese before serving.
- Add mushrooms or bell peppers to stretch the recipe further.
- Ground turkey or chicken can be substituted for ground beef.
- Leftovers store well for meal prep and reheat easily.

Equipment

- Large skillet or cast iron pan
- Cutting board
- Sharp knife
- Wooden spoon or spatula

Storage

Store leftovers in an airtight container in the refrigerator for up to 4 days or freeze for up to 2 months.