

# Recipe Card: Low Carb Green Cabbage Casserole



**Prep Time:** 15 minutes

**Cook Time:** 35 minutes

**Total Time:** 50 minutes

**Servings:** 6

## Ingredients

- 1 medium **green cabbage**, chopped
- 1 lb **ground beef**
- 1 small **onion**, diced
- 2–3 cloves **garlic**, minced
- 1 cup **tomato sauce**
- 1½–2 cups **shredded cheese** (cheddar or mozzarella)
- 1 tablespoon **olive oil**
- **Salt and black pepper**, to taste

## Optional:

- 1 teaspoon paprika or smoked paprika
- 1 teaspoon Italian seasoning
- ¼ teaspoon red pepper flakes
- 1 cup cauliflower rice

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## Instructions

1. **Preheat oven** to 375°F. Lightly grease a 9×13-inch baking dish.
2. **Cook onion and beef**  
Heat olive oil in a large skillet over medium heat. Add onion and cook 3–4 minutes until softened. Add ground beef and cook 6–8 minutes until browned. Stir in garlic and cook 30 seconds. Drain excess grease if needed.
3. **Add sauce and seasoning**  
Stir in tomato sauce, salt, pepper, and any optional seasonings. Simmer 3–5 minutes.
4. **Cook cabbage**  
Add chopped cabbage and cook 5–7 minutes until slightly softened.
5. **Assemble**  
Transfer mixture to baking dish and spread evenly. Top with shredded cheese.
6. **Bake**  
Bake uncovered for 25–30 minutes until cheese is melted and lightly golden.
7. **Rest and serve**  
Let sit 5–10 minutes before serving.

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## Notes

- Cooking the cabbage before baking helps prevent excess moisture.
- Use cheddar for a sharper flavor or mozzarella for a milder, meltier finish.
- This casserole reheats well and is great for meal prep.