



1-Pan Cabbage Taco Bowls Recipe Card

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 pound ground beef
- 1/2 medium green cabbage, chopped
- 1 small onion, diced
- 1 tablespoon olive oil
- 1 packet taco seasoning
- 1/3 cup water
- 1 cup shredded cheddar cheese
- 1 cup canned black beans, drained
- 1 cup corn
- Salt and black pepper to taste

Optional Toppings

- Diced avocado
- Sour cream
- Fresh cilantro
- Lime wedges
- Jalapeños
- Salsa or hot sauce

Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add the ground beef and onion. Cook until the beef browns and the onions soften.
3. Drain excess grease if needed.
4. Stir in the taco seasoning and water.
5. Add the cabbage, black beans, and corn.
6. Cook for 8 to 10 minutes, stirring occasionally, until the cabbage softens.
7. Sprinkle cheese over the skillet and allow it to melt.
8. Serve hot with your favorite taco toppings.

Notes

- For a lower carb version, skip the corn or beans.
- Ground turkey works well as a substitute for beef.
- Add hot sauce or chipotle peppers for extra heat.
- Leftovers reheat very well for meal prep lunches.

Estimated Nutrition Per Serving

- Calories: 390
- Protein: 26g
- Carbohydrates: 16g
- Fiber: 5g
- Net Carbs: 11g
- Fat: 25g
- Sodium: 720mg