

Stuffed Low-Carb Cabbage Casserole (Jeanne Biever)

4 Servings

Ingredients

25 oz. green cabbage

5-1/3 oz. butter

15 oz. ground beef

1 tsp salt

1 tsp onion powder

¼ tsp ground black pepper

2 tbsp Tex-Mex seasoning

1 tbsp white wine vinegar

10 oz. shredded cheese, preferably cheddar cheese

5-1/3 oz. leafy greens or lettuce

Instructions

1. Preheat oven to 400°F (200°C). Shred the cabbage finely with a sharp knife or in a food processor.
2. Fry the cabbage in a little more than half of the butter in a large frying pan or a wok over medium-high heat. Fry until soft, but don't let the cabbage turn brown. This can take a little while; roughly 10 minutes.
3. Add spices and vinegar. Stir and continue to fry for a couple of minutes. Set aside on a plate.
4. Melt the rest of the butter in the same pan. Sauté the ground beef and fry on medium-high heat until most of the juices have evaporated. Lower the heat to medium-low.
5. Add cooked cabbage and sauté together with the beef for a minute. Remove from heat and add salt and pepper to taste.
6. Stir ⅔ of the cheese into the cabbage mix and place in a baking dish.
7. Sprinkle the rest of the cheese on top and bake for 15–20 minutes or until the cheese browns nicely.
8. Serve with a green salad.