

## Roasted Cabbage Burgers with Tomato Sauce and Melted Cheese

without sacrificing flavor? These



**OVEN**  
**400°F**

**TIME**  
**12 min**

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**SAVE**  
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### INGREDIENTS

1 head green cabbage, sliced into 1-inch thick rounds  
1 lb lean ground beef  
 $\frac{1}{2}$  cup tomato sauce (or ketchup)  
 $\frac{1}{2}$  cup shredded cheese (mozzarella, Monterey Jack, or a blend), divided  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp black pepper  
 $\frac{1}{2}$  tsp red chili pepper flakes  
1 tsp grated garlic  
 $\frac{1}{2}$  cup chopped green onions  
 $\frac{1}{2}$  cup chopped parsley  
Olive oil, for brushing cabbage

### DIRECTIONS

1. Preheat Oven and Prepare Cabbage: Preheat oven to 400°F (200°C).
2. Line a large baking sheet with parchment paper.
3. Slice cabbage into 1-inch thick rounds and lay them flat on the baking sheet.
4. Brush with olive oil and season with salt and pepper.
5. Roast for 10 minutes to soften slightly.
6. Prepare the Beef Mixture: In a large bowl, mix together: Ground beef
7. Grated garlic
8. Green onions
9. Parsley
10. Red chili flakes
11. Salt and pepper
12. Half the shredded cheese
13. Shape into 4 equal-sized patties.
14. Assemble the Cabbage Burgers: Remove cabbage from the oven.
15. Spoon tomato sauce over each cabbage slice.
16. Top with a beef patty, then a sprinkle of the remaining cheese.
17. Bake Again: Return the tray to the oven and bake for 10-12 minutes, or until beef is fully cooked and cheese is melted and bubbly.
18. Serve: Garnish with extra herbs or a dash of hot sauce if desired.
19. Serve warm, either as-is or with a side salad or roasted veggies.

## TIPS FOR SUCCESS

Don't skip the first roast of the cabbage-it helps tenderize the leaves and brings out their sweetness.

Use parchment for easy cleanup and to prevent sticking.

For extra crisp edges , broil for the last 2 minutes of baking.

Customize by adding sautéed mushrooms , bacon , or a fried egg on top.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/roasted-cabbage-burgers-with-tomato-sauce-and-melted-cheese/>