

Quick & Flavorful: Ground Beef Taco Cabbage Skillet Recipe

If you're looking for a low-carb, high-flavor meal that's ready in no time, this



TIME
30 min

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INGREDIENTS

- 1 pound lean ground beef
- 5 cups green cabbage, shredded or chopped
- 1/4 cup low-carb taco seasoning
- 1 Tbsp dry minced onion
- 1/4 cup water
- 1 1/2 cups shredded cheddar cheese

Instructions:

Brown the Beef: In a large skillet, cook the ground beef over medium heat until fully browned. Drain off any excess fat for a leaner dish.

Add the Cabbage and Seasoning: Stir in the shredded cabbage, taco seasoning, dry minced onion, and water. Mix everything together and cook over medium heat, stirring frequently.

Cook to Perfection: Continue cooking until the cabbage is tender but still crisp, about 5-7 minutes. Adjust seasoning if needed.

Cheese It Up: Sprinkle the shredded cheddar cheese over the top of the skillet. Cover and allow the cheese to melt completely, about 2-3 minutes.

Serve and Enjoy: Serve hot, garnished with your favorite taco toppings for an extra burst of flavor!

Tips for the Best Taco Cabbage Skillet:

Make it Spicy: Add a pinch of cayenne pepper or diced jalapeños for some heat.

Switch Up the Cheese: Swap cheddar for Monterey Jack, pepper jack, or mozzarella.

Meal Prep Friendly: This dish reheats beautifully for lunches or dinners throughout the week.

Why This Recipe is a Keeper:

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7. **Switch : Up the Cheese:** Swap cheddar for Monterey Jack, pepper jack, or mozzarella.
8. **Meal : Prep Friendly:** This dish reheats beautifully for lunches or dinners throughout the week.
9. **Why This Recipe is a Keeper:** This Ground Beef Taco Cabbage Skillet is more than just a meal-it's a lifesaver for busy weeknights. The combination of tender cabbage, savory beef, and gooey cheese delivers comfort and satisfaction in every bite. It's proof that healthy eating doesn't have to be complicated or boring.
10. Give this recipe a try, and let me know how you liked it in the comments! Don't forget to check out more

amazing recipes at I Wuv Cooking and follow me for more easy, delicious meal ideas.

More recipes: ChefManiac.com

Original recipe: <https://chefmaniac.com/quick-flavorful-ground-beef-taco-cabbage-skillet-recipe/>