

These Oven-Baked Cabbage Burgers Are My Low-Carb Weeknight Obsession

Why These Cabbage Burgers Work



OVEN
400°F

TIME
15 mins

TEMP
160°F

PRINT
Recipe Card

INGREDIENTS

- 1 head green cabbage, sliced into 1-inch thick rounds (you'll get 4-5 slices)
- 1 lb lean ground beef
- 1/2 cup tomato sauce or ketchup
- 1/2 cup shredded cheese (mozzarella, Monterey Jack, or a blend), divided
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon red chili flakes (optional, but I love the kick)
- 1 teaspoon grated garlic (or 2 small cloves, minced)
- 1/2 cup chopped green onion
- 1/2 cup chopped parsley
- Olive oil for brushing

DIRECTIONS

- 1.** Roast the Cabbage Slices: I preheat my oven to 400°F and line a baking sheet with parchment paper or foil. Then I arrange the cabbage slices in a single layer. A quick brush of olive oil and a sprinkle of salt and pepper is all they need.
- 2.** They go in the oven for about 15 minutes to soften slightly. This gives them a head start before we load them up.
- 3.** Pro tip: Try not to cut the cabbage slices too thin-1 inch is perfect to keep them sturdy under the toppings.
- 4.** Mix the Burger Patties: While the cabbage roasts, I mix the ground beef in a large bowl with garlic, green onion, parsley, red pepper flakes, half the cheese, salt, and black pepper. I mix gently (over-mixing can make the patties tough), then form four even patties.
- 5.** These aren't huge, bun-sized burgers-they're more like hearty meat medallions that sit comfortably on the cabbage slices.
- 6.** Layer It Up: Once the cabbage comes out of the oven, I spread about a tablespoon of tomato sauce or ketchup onto each slice. It adds moisture and a tangy layer of flavor that's classic burger comfort.
- 7.** Next, I place a beef patty right on top of each sauced cabbage round. Then I finish it off with a sprinkle of the remaining cheese. I'm generous here-melted cheese is the crown of this dish.
- 8.** Bake Until Bubbly and Golden: The whole tray goes back in the oven for another 15-20 minutes. By then, the cheese is melted and golden, and the patties are cooked through (I aim for 160°F internal temp if I'm

using a thermometer).

9. The cabbage finishes roasting beneath, soaking up all that beefy, cheesy goodness. It holds its shape, but it's tender enough to cut with a fork.
10. **Serve and Devour:** I usually serve these hot straight from the oven. They're rich, satisfying, and perfect with a side of something fresh to balance the hearty flavors.

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

Original recipe: <https://chefmaniac.com/these-oven-baked-cabbage-burgers-are-my-low-carb-weeknight-obsession/>