

## Oven-Baked Cabbage Burgers A Wholesome, Low-Carb Take on a Classic Favorite

, sliced into 1-inch thick rounds



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

1 head green cabbage, sliced into 1-inch thick rounds  
1 lb lean ground beef  
1/2 cup tomato sauce (or ketchup)  
1/2 cup shredded cheese (mozzarella or Monterey Jack), divided  
1/2 tsp salt  
1/2 tsp black pepper  
1/2 tsp red chili flakes (optional, for heat)  
1 tsp grated garlic  
1/2 cup chopped green onions  
1/2 cup chopped fresh parsley  
Olive oil, for brushing  
Instructions:  
Quick Facts:  
Prep Time: 12 minutes  
Cook Time: 20-22 minutes  
Servings: 4  
Calories per serving: ~310 kcal

### DIRECTIONS

1. Preheat and Prep the CabbagePreheat your oven to 400°F (200°C). Line a baking sheet with parchment paper. Arrange the cabbage rounds in a single layer, brush lightly with olive oil, and sprinkle with salt and pepper.
2. Roast the CabbageRoast for 10 minutes, just until slightly softened and starting to brown around the edges.
3. Prepare the Burger PattiesIn a mixing bowl, combine the ground beef, garlic, green onions, parsley, chili flakes (if using), half the cheese, and a pinch of salt and pepper. Mix gently and form into 4 equal patties.
4. Assemble the Cabbage BurgersRemove the cabbage from the oven. Spoon tomato sauce over each cabbage slice, then top with a beef patty. Finish with the remaining shredded cheese sprinkled over the top.
5. Bake to FinishReturn the baking sheet to the oven and bake for 10-12 minutes, or until the beef is fully cooked and the cheese is melted and bubbly.
6. Serve and EnjoyServe hot, straight from the oven. No bun needed-just hearty, savory satisfaction on a naturally low-carb base.
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8. Cook : Time: 20-22 minutes
9. Servings: 4
10. Calories per serving: ~310 kcal
11. Want to switch it up? Try ground turkey or chicken for a lighter version, or go vegetarian with a lentil-mushroom patty base. These burgers are endlessly adaptable and perfect for any night you want

something filling but fresh.

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

Original recipe: <https://chefmaniac.com/oven-baked-cabbage-burgers-a-wholesome-low-carb-take-on-a-classic-favorite/>