



Cabbage and Beef Bake Recipe Delight

Introduction

The Cabbage Beef Bake is a hearty and flavorful dish that combines tender cabbage, savory ground beef, and a blend of spices, all baked to perfection. This comforting casserole not only provides satisfying flavors but also brings warmth to your family table.

Detailed Ingredients with measures

1 lb (450g) ground beef 1 medium head of cabbage, chopped 1 medium onion, diced 2 garlic cloves, minced 1 can (14 oz) diced tomatoes 1 cup

shredded cheddar cheese 1/2 cup tomato sauce 1 teaspoon paprika 1/2
teaspoon cumin Salt and pepper to taste 2 tablespoons olive oil

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 40 minutes Total Time: 1 hour Yield: Serves 6

Instructions

1. Prepare the Ingredients: Preheat your oven to 375°F (190°C). Chop the cabbage and dice the onion. 2. Cook the Beef Mixture: Heat olive oil in a large skillet over medium heat. Add ground beef, cooking until browned and breaking it apart with a spoon. Stir in onions and garlic; cook until softened. Add diced tomatoes, tomato sauce, paprika, cumin, salt, and pepper. Let simmer for 5 minutes. 3. Assemble the Dish: In a greased baking dish, layer half of the chopped cabbage. Pour the beef mixture evenly over the cabbage. Top with the remaining cabbage. 4. Bake: Cover the dish with foil and bake for 30 minutes. Remove the foil, sprinkle shredded cheddar cheese on top, and bake uncovered for an additional 10 minutes or until cheese is melted and bubbly. 5. Serve: Let the casserole cool slightly before serving. Pair with crusty bread or a light salad for a complete meal.

Pro Tips

– Vegetarian Option: Substitute ground beef with plant-based meat or lentils. – Spice It Up: Add a dash of chili flakes for extra heat. – Make It Ahead: Prepare the casserole up to the assembly step, refrigerate, and bake when ready.

See also [Strawberry Cheesecake Banana Pudding](#)

Storage and Reheating

– Refrigeration: Store leftovers in an airtight container for up to 3 days. – Freezing: This dish freezes well. Wrap portions tightly and freeze for up to 2 months. – Reheating: Warm in the oven at 350°F (175°C) until heated through or microwave for 2-3 minutes. Enjoy this comforting Cabbage Beef Bake, a timeless classic that brings satisfaction to your table!

Detailed Directions and Instructions

Prepare the Ingredients:

– Preheat your oven to 375°F (190°C). – Chop the cabbage and dice the onion.

Cook the Beef Mixture:

– Heat olive oil in a large skillet over medium heat. – Add ground beef, cooking until browned and breaking it apart with a spoon. – Stir in onions and garlic; cook until softened. – Add diced tomatoes, tomato sauce, paprika, cumin, salt, and pepper. Let simmer for 5 minutes.

Assemble the Dish:

- In a greased baking dish, layer half of the chopped cabbage. - Pour the beef mixture evenly over the cabbage. - Top with the remaining cabbage.

Bake:

- Cover the dish with foil and bake for 30 minutes. - Remove the foil, sprinkle shredded cheddar cheese on top, and bake uncovered for an additional 10 minutes or until cheese is melted and bubbly.

Serve:

- Let the casserole cool slightly before serving. Pair with crusty bread or a light salad for a complete meal.

Notes

Vegetarian Option:

- Substitute ground beef with plant-based meat or lentils.

Spice It Up:

- Add a dash of chili flakes for extra heat.

Make It Ahead:

- Prepare the casserole up to the assembly step, refrigerate, and bake when ready.

See also Chicken Bacon Swiss Cinnamon Roll Casserole

Refrigeration:

- Store leftovers in an airtight container for up to 3 days.

Freezing:

- This dish freezes well. Wrap portions tightly and freeze for up to 2 months.

Reheating:

- Warm in the oven at 350°F (175°C) until heated through or microwave for 2-3 minutes.

Cook techniques

Prepping Ingredients

Chop and dice all vegetables in advance to streamline the cooking process and ensure even cooking.

Browning Ground Beef

Cook the ground beef in a skillet until it's browned, using a wooden spoon to break it apart for an even texture and flavor development.

Layering the Casserole

Layer half of the chopped cabbage, followed by the beef mixture, and then top with the remaining cabbage to ensure even cooking and flavor distribution.

Baking with Foil

Cover the dish with foil during the initial baking to trap steam and help soften the cabbage before uncovering to allow the cheese to melt beautifully.

Cheese Melting

Sprinkle cheese towards the end of the baking time to achieve a perfect melt and bubbly texture without overcooking.

Cooling Before Serving

Allow the casserole to cool for a few minutes before serving to enhance texture and flavor as it slightly sets up.

FAQ

Can I use other types of meat?

Yes, you can substitute ground beef with chicken, turkey, or plant-based meat alternatives.

How can I make this dish vegetarian?

Replace ground beef with lentils or a plant-based meat substitute and ensure the cheese is vegetarian-friendly.

Can I prepare this ahead of time?

Absolutely! You can assemble the casserole in advance, refrigerate it, and then bake when ready.

See also [Skillet Chicken with Mushroom Sauce](#)

What should I serve with Cabbage Beef Bake?

This dish pairs well with crusty bread or a light salad for a complete meal.

How do I store leftovers?

Store leftovers in an airtight container in the refrigerator for up to 3 days or freeze for up to 2 months.

Conclusion

The Cabbage Beef Bake is a comforting and flavorful dish that showcases a perfect blend of textures and tastes. With its hearty ingredients and ease of preparation, it makes for a satisfying meal that can be enjoyed any time of the year. The versatility of this recipe allows for various adaptations, making it a great option for both families and gatherings.

More recipes suggestions and combination**Cheesy Cabbage and Sausage Bake**

Replace ground beef with sliced smoked sausage for a different flavor profile. Add extra cheese for a rich and melty topping.

Vegetarian Cabbage Bake

Use lentils or quinoa instead of meat, and incorporate a variety of vegetables like bell peppers and zucchini for a colorful and nutritious option.

Spicy Chicken and Cabbage Bake

Substitute ground beef with shredded cooked chicken and add jalapeños or hot sauce for a spicy twist.

Herbed Cabbage and Bean Bake

Mix in canned beans such as black beans or kidney beans, along with fresh herbs like parsley or basil for a refreshing and hearty dish.

Cabbage and Rice Casserole

Incorporate cooked rice into the beef mixture for a more filling meal. Season with soy sauce and sesame oil for Asian-inspired flavors.





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