

delish

Cabbage Burritos

MAY 22 2018

**YIELDS: 4 SERVINGS****PREP TIME: 0HOURS 10MINS****TOTAL TIME: 0HOURS 35MINS**

INGREDIENTS

8 large green cabbage leaves (from 1 head)

1 tbsp. extra-virgin olive oil

1/2 onion, chopped

1 lb. ground beef

2 cloves garlic, minced

1 tbsp. taco seasoning mix

Kosher salt

Freshly ground black pepper

1 (15-oz.) can black beans

1 1/2 c. chopped cherry tomatoes

1 c. corn, canned and drained or frozen

1 c. shredded Monterey Jack

1/2 c. shredded cheddar

Buy ingredients online27948, Kill Devil Hills, North Carolina [Change](#)**Create a shopping list**

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DIRECTIONS

- 1 Preheat oven to 350° and line a small baking sheet with parchment paper. In a large pot of boiling water, use tongs to dip cabbage leaves in water for 30 seconds to blanch. Place on a paper towel-lined plate to dry.
- 2 In a large skillet over medium heat, heat olive oil. Add onion and cook until soft, about 5 minutes, then stir in ground beef and garlic. Cook, stirring often, until beef is no longer pink, about 5 minutes. Drain excess fat, then season with taco seasoning mix, salt, and pepper. Stir in black beans, cherry tomatoes, and corn.
- 3 Lay 2 cabbage leaves side by side, overlapping slightly. Place a heaping spoon of ground beef mixture in the center, then top with cheese. Fold short sides of cabbage leaves in first, then roll into a cylinder — like a burrito! Repeat with remaining beef mixture.
- 4 Place on baking sheet and bake until cheese is melted, about 10 minutes.

LENA ABRAHAM Assistant Food Editor

Lena Abraham is the assistant food editor at Delish.com, where she develops and shoots recipes for video and still photographs.

Reviews (15)



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CyanRocket · 14 Jan

I cook with ground turkey meat which makes this a super low calorie low carb meal

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GreenWeights · 3 Mar

Why do people keep asking for nutritional information on every recipe? Clearly Delish doesn't do that - it's not that hard to work out for yourself?

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GoldUmbrella · 25 Dec

I really want to eat that.

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OrangeCar · 27 Jan

Nutritional information?

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OrangeHelmet · 3 Mar

Sounds great, may try as lettuce wraps instead of cabbage! Anyone else tried that?

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PurpleBucket · 17 Feb

I had a lot of filling left over. Did anyone else have this problem?

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CarolJean Simon Lobmiller · 3 Mar → PurpleBucket

It would be great to freeze the extra meat mixture and thaw to serve for a second meal at another time. :-)

Reply · Share · 4 Likes ·

**OlivePopcorn** · 4 Mar

I don't eat any meat. I would use refried beans. I will be making this soon.

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**GoldCloud** · 4 Mar

Where is the nutritional information? For people on Keto on a carb restriction of 20 carbs a day this is a no from the ingredients listed.

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**GoldWeights** · 3 Mar

With beans and corn they are not low carb!

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**BlueCupcake** · 9 Feb

Can you provide nutritional information for this recipe? Sounds delicious and am trying tonight.

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**CyanCoffee** · 3 Mar

What's the carbs?..

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