

One Pan Spaghetti Recipe Over Cabbage Noodles (Grain Free!)

prep: 10 mins | **cook:** 15 mins | **total:** 25 mins

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yield: 4 -6

A grain free, cabbage based spaghetti recipe that packs extra nutrition from the vegetables while maintaining the delicious taste of spaghetti.

Ingredients

- 1 (or more) pounds of ground beef (grass fed if possible)
- 2 medium onions
- 1 head of cabbage
- 24 ounces (about three cups) of spaghetti sauce (I make my own, but there are a few good store-bought brands. Look for a glass jar with no added sugars or chemicals)
- Extra spices to taste (basil, oregano, garlic, salt, pepper, etc)
- 1-2 cups grated mozzarella cheese (optional)



Instructions

1. Brown the meat in a large oven safe skillet (like cast iron). If using grass fed, it will be lean, so add a few tablespoons of tallow or olive oil to make sure it has a little oil and doesn't stick.
2. While meat is browning, peel onions, cut in half and thinly slice. When meat is almost browned, add the onions and cook until meat is done.
3. While onions/meat are finishing, thinly slice cabbage into "noodle" thin pieces as you would for sauerkraut.
4. Add cabbage (may have to add in several batches as it cooks down, depending on the size of your skillet)
5. Add any spices at this point to taste.
6. When cabbage is cooked until soft and it is spiced to your taste, add the sauce and stir well.
7. If adding cheese, put on top and put into oven on broil to melt cheese.
8. Remove and serve (with salad and a garlic version of Coconut Flour Biscuits)
9. Salut!

courses: main

cuisine: italian

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