

Prep Time: 25 minutes

Cook Time: 45 minutes

Total Time: 1 hour 10 minutes

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Introduction

This Keto Cajun Shrimp & Sausage Stuffed Cabbage is the ultimate low-carb comfort food. We take tender, blanched cabbage leaves and stuff them with a savory, spicy mixture of shrimp, smoked sausage, and cauliflower rice. The Cajun seasoning gives it a beautiful kick, while the creamy, cheesy topping brings it all together. It's a hearty, flavorful meal that proves you don't need pasta or rice to enjoy a delicious, filling dinner. It's perfect for a cozy weeknight or a weekend gathering.

Ingredients

For the Cabbage & Filling:

- 1 large head green cabbage
- 1 lb shrimp, peeled, deveined, and roughly chopped
- 12 oz smoked sausage (like andouille or kielbasa), diced
- 1 medium onion, diced
- 1 green bell pepper, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 2 cups riced cauliflower (fresh or frozen)
- 1 (14.5 oz) can diced tomatoes, drained
- 2 tbsp Cajun seasoning (ensure no sugar added)
- 1 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme

- Salt and black pepper to taste
- 2 tbsp olive oil or butter
- 2 tbsp fresh parsley, chopped (for garnish)

For the Creamy Cheese Sauce:

- 1/2 cup heavy cream
- 1/2 cup chicken broth
- 1 cup shredded Monterey Jack cheese (or pepper jack for more heat)
- 1/4 cup grated Parmesan cheese
- Pinch of cayenne pepper (optional)

Equipment

- Large pot
- Large skillet or Dutch oven

- 9×13 inch baking dish
- Aluminum foil
- Whisk

Instructions

Step 1: Prepare the Cabbage (Time: 10 mins | Intensity: Medium)

1. Bring a large pot of salted water to a boil.
2. Carefully remove the core from the head of cabbage. Gently peel off 12-14 large, intact outer leaves. If they tear, don't worry, you can use them as patch pieces.
3. Blanch the leaves in the boiling water for 2-3 minutes, until they are pliable and bright green. You may need to do this in batches.
4. Use tongs to transfer the leaves to a colander. Rinse with cold water to stop the cooking process, then pat them dry with paper towels. Set aside.

Step 2: Make the Filling (Time: 15 mins | Intensity: High)

1. Heat the olive oil or butter in a large skillet over medium-high heat.

2. Add the diced sausage and cook for 3-4 minutes until it starts to brown. Remove the sausage with a slotted spoon and set aside.
3. In the same skillet, add the onion, bell pepper, and celery. Sauté for 5-7 minutes until softened.
4. Add the minced garlic and cook for another minute until fragrant.
5. Stir in the riced cauliflower and cook for 3-4 minutes, until it begins to soften.
6. Add the chopped shrimp and cook for 2-3 minutes, just until they turn pink. Do not overcook.
7. Return the cooked sausage to the skillet. Add the drained diced tomatoes, Cajun seasoning, smoked paprika, oregano, thyme, salt, and pepper. Stir to combine everything evenly.
8. Remove the skillet from the heat and let the filling cool slightly.

Step 3: Assemble the Stuffed Cabbage (Time: 10 mins | Intensity: Medium)

1. Preheat your oven to 375°F (190°C).
2. Lightly grease a 9×13 inch baking dish.

3. Lay a prepared cabbage leaf flat on a clean work surface. Spoon about 1/3 to 1/2 cup of the shrimp and sausage filling onto the center of the leaf, near the stem end.
4. Fold the stem end over the filling, then fold in the sides. Roll the leaf up tightly to form a bundle. Place the roll, seam-side down, in the baking dish. Repeat with the remaining leaves and filling. (You may have leftover filling, which is delicious on its own!)
5. If you have any leftover filling, scatter it over the top of the cabbage rolls.

Step 4: Make the Sauce & Bake (Time: 20 mins | Intensity: Low-Medium)

1. In a small bowl, whisk together the heavy cream and chicken broth.
2. Pour this mixture evenly over the cabbage rolls in the baking dish.
3. Cover the dish tightly with aluminum foil.
4. Bake for 20 minutes.
5. Carefully remove the foil and sprinkle the shredded Monterey Jack and Parmesan cheese over the top of the rolls.
6. Return to the oven, uncovered, and bake for another 10-15 minutes, or until the cheese is melted, bubbly, and lightly golden brown.

7. (Optional) For a golden crust, broil for the last 1-2 minutes, watching carefully to avoid burning.

Step 5: Rest & Serve (Time: 5 mins | Intensity: Low)

1. Remove the dish from the oven and let it rest for 5-10 minutes. This allows the sauce to thicken and the filling to set.
2. Garnish with fresh chopped parsley.
3. Serve hot, spooning some of the creamy sauce from the pan over each cabbage roll. Enjoy!

Nutrition Information (Per Serving - 1/6 of recipe)

Note: Nutritional values are estimates and will vary based on the specific brands of ingredients used.

- Calories: 485 kcal
- Total Fat: 34g
- Saturated Fat: 14g
- Cholesterol: 190mg

- Sodium: 1250mg
- Total Carbohydrates: 13g
- Dietary Fiber: 4g
- Sugars: 6g
- Protein: 33g
- Net Carbs: 9g