

These Hearty Cabbage Rolls Are Old-School Comfort Food at Its Best

Hearty Cabbage Rolls: A Taste of Home



OVEN
350°F

TIME
30 min

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INGREDIENTS

- 1 large head of cabbage
- 1 pound ground beef (or turkey)
- 1 cup cooked rice
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (15 oz) tomato sauce
- 1 teaspoon paprika
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTIONS

1. Preheat your oven to 350°F (175°C).
2. Bring a large pot of salted water to a boil. Carefully remove the core from the cabbage and blanch the leaves for about 2-3 minutes until they are pliable. Drain and set aside.
3. In a large bowl, combine the ground meat, cooked rice, chopped onion, garlic, paprika, salt, and pepper. Mix well.
4. Take a cabbage leaf, place a generous spoonful of the meat mixture at the base, and roll it up tightly, tucking in the sides as you go. Repeat with remaining leaves and filling.
5. Spread a thin layer of tomato sauce on the bottom of a baking dish. Arrange the cabbage rolls seam-side down in the dish and cover with the remaining tomato sauce.
6. Cover the dish with foil and bake for 45 minutes. Remove the foil and bake for an additional 15 minutes to let the sauce thicken.
7. Garnish with fresh parsley before serving.

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

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