

## The Best Stuffed Cabbage Rolls You'll Ever Make (Seriously!)

Stuffed Cabbage Rolls - OMG? DON'T LOSE THIS?



**OVEN**  
**350°F**

**TIME**  
**10 min**

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### INGREDIENTS

For the Filling:

- 1 cup cooked long-grain rice
- 1.5 lbs lean ground beef (extra-lean works too)
- 1.5 tbsp Worcestershire sauce
- 1 large egg
- 1 yellow onion, peeled and minced
- 1/3 cup parsley, roughly chopped
- 3 cloves garlic, minced
- 1.5 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried dill
- 1/2 tsp onion powder
- 1/2-1 tsp red chili flakes (optional)
- 1/2 cup tomato sauce

For Assembly:

- 1 medium head green cabbage
- 8-10 extra cabbage leaves (for lining the pan)
- 1/2 cup water (from boiling cabbage)
- 42 oz tomato sauce (three 14 oz cans, divided)
- Fresh dill, chopped (optional garnish)

### DIRECTIONS

- 1.** Step 1: Prepare the Cabbage: Boil the whole cabbage in a large pot of water for 8-10 minutes, turning gently. Remove and let cool slightly. As the outer leaves soften, peel them off carefully and cut out the thick core from each one. You'll likely need to return the cabbage to the pot and repeat this a few times to get enough leaves.
- 2.** Reserve 1/2 cup of the cabbage water before discarding the rest.
- 3.** Step 2: Make the Filling: In a large bowl, mix the ground beef, cooked rice, Worcestershire, egg, onion, parsley, garlic, salt, pepper, dill, onion powder, red pepper flakes (if using), and 1/2 cup of tomato sauce. Mix until just combined-don't overwork it.
- 4.** Step 3: Roll It Up: Line the bottom of a 9x13" baking dish with a few cabbage leaves. Scoop about 1/2 cup of the meat mixture into each softened cabbage leaf, fold in the sides, and roll up tightly. Place seam-side down in the dish.
- 5.** Repeat until all filling is used.
- 6.** Step 4: Make the Sauce: Whisk the remaining tomato sauce with 1/2 cup cabbage water. Pour evenly over the cabbage rolls.
- 7.** Cover tightly with foil.
- 8.** Step 5: Bake: Bake at 350°F for 1 hour and 30 minutes, until the cabbage is tender and the sauce is bubbling.
- 9.** Let rest 10 minutes before serving. Garnish with chopped fresh dill, if desired.

## SWAPS & NOTES

It adds flavor to the tomato sauce and helps it cling to the rolls.

Add heat : If you like a little kick, the red pepper flakes bring just enough spice.

Ground turkey or pork can sub for beef if you want to lighten it up.

### TIPS FOR SUCCESS

Use the right size cabbage : Medium heads are easiest to handle and give you perfectly sized leaves.

Don't overfill the leaves -about ... cup of filling per roll keeps things neat.

Make ahead friendly : Prep the rolls the night before and bake the next day.

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

Original recipe: <https://chefmaniac.com/the-best-stuffed-cabbage-rolls-youll-ever-make-seriously/>