

Old-School Cabbage Rolls - A Cozy Family Favorite

Old Fashioned Cabbage Rolls: A Timeless Comfort Food Favorite



OVEN
350°F

TIME
5 min

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INGREDIENTS

- 1 cup cooked long-grain rice
- 1½ pounds lean ground beef
- 1½ tsp Worcestershire sauce
- 1 large egg
- 1 yellow onion, minced
- 1/3 cup parsley, chopped
- 3 cloves garlic, minced
- 1½ tsp salt
- ½ tsp black pepper
- ½ tsp dried dill
- ½ tsp onion powder
- ½ to 1 tsp red chili flakes (optional)
- 42 oz tomato sauce (approx. 5 cups)
- 1 medium green cabbage (you'll need about 18 leaves + extra for lining and topping)
- ½ cup water (from cabbage boiling)
- Fresh dill, chopped (optional garnish)

Ingredient Notes & Swaps:

Ground meat: Ground pork or turkey can replace beef if preferred.

Rice: Any cooked white rice works-jasmine, basmati, or even leftover rice.

Tomato sauce: You can use canned or homemade-just be sure it's seasoned well.

Spice it up: Add more red chili flakes or a pinch of smoked paprika for depth.

How to Make Old Fashioned Cabbage Rolls:

1. Preheat & Prep:

Preheat oven to 350°F (175°C).

Cook rice according to package instructions. Set aside.

Bring a large pot of salted water to a boil.

2. Soften the Cabbage Leaves:

Carefully core the cabbage.

Boil the whole cabbage head for 3-5 minutes, then gently peel off leaves one by one as they soften.

You'll need about 18 whole leaves for rolling and 8-10 extra leaves for the bottom and top of the baking dish.

3. Make the Filling:

Cooked rice

Ground beef

Worcestershire sauce

Egg

DIRECTIONS

1. Preheat & Prep: Preheat oven to 350°F (175°C).
2. Cook rice according to package instructions. Set aside.
3. Bring a large pot of salted water to a boil.
4. Soften the Cabbage Leaves: Carefully core the cabbage.
5. Boil the whole cabbage head for 3-5 minutes, then gently peel off leaves one by one as they soften.
6. You'll need about 18 whole leaves for rolling and 8-10 extra leaves for the bottom and top of the baking dish.
7. Make the Filling: In a large bowl, combine:
8. Cooked rice
9. Ground beef
10. Worcestershire sauce
11. Egg
12. Onion
13. Garlic
14. Parsley
15. Salt, pepper, dill, onion powder, and chili flakes Mix until evenly combined, but don't overwork the meat.
16. Roll the Cabbage: Lay a cabbage leaf flat, trimming any thick center rib if needed.
17. Place 2-3 tablespoons of filling near the stem end, roll it tightly, tucking in the sides.
18. Repeat with all the cabbage leaves.
19. Assemble the Dish: Line the bottom of a large baking dish with some of the extra cabbage leaves.
20. Pour a layer of tomato sauce over the bottom.

21. Place cabbage rolls seam-side down in the dish.
22. Pour remaining tomato sauce over the rolls, then cover with the rest of the spare cabbage leaves.
23. Add ½ cup of the cabbage-boiling water to the pan for extra moisture.
24. Bake: Cover tightly with foil.
25. Bake for 1 hour and 45 minutes to 2 hours, until cabbage is tender and flavors have melded beautifully.

SWAPS & NOTES

& Swaps Ground meat: Ground pork or turkey can replace beef if preferred.

Rice: Any cooked white rice works-jasmine, basmati, or even leftover rice.

Tomato sauce: You can use canned or homemade-just be sure it's seasoned well.

Spice it up: Add more red chili flakes or a pinch of smoked paprika for depth.

TIPS FOR SUCCESS

Cabbage prep: Don't rush peeling the cabbage-it's easier when you let it soften in stages.

Double the batch: These freeze beautifully-just reheat in the oven with extra sauce.

Layer flavors: A splash of vinegar or a pinch of sugar in the tomato sauce adds depth.

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

Original recipe: <https://chefmaniac.com/old-school-cabbage-rolls-a-cozy-family-favorite/>