

Easy Stuffed Cabbage Roll Casserole: Comfort Food Simplified

Stuffed Cabbage Roll Casserole



OVEN
350°F

TIME
10-15 min

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SAVE
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INGREDIENTS

1.5 lbs ground beef (80/20 lean recommended for flavor)
1 large onion, chopped
3 cloves garlic, minced
1 large head (about 2-2.5 lbs) green cabbage, cored and roughly chopped
1 cup uncooked long-grain white rice (such as Basmati or Jasmine)
2 cans (15 oz each) tomato sauce
1 can (14.5 oz) diced tomatoes, undrained
1 cup beef broth (or water)
2 tbsp brown sugar (or granulated sugar, to balance acidity)
1 tbsp Worcestershire sauce
1 tsp dried dill (optional, but classic flavor)
1 tsp paprika (sweet or smoked, to taste)
½ tsp salt
... tsp black pepper
(Optional) ½ cup shredded mozzarella or cheddar cheese for topping

DIRECTIONS

1. Let's get this hearty casserole assembled!
2. Brown the : Meat and Onion: In a large skillet or Dutch oven, brown the ground beef and chopped onion over medium-high heat, breaking up the meat as it cooks. Once the beef is no longer pink and the onion is softened, drain any excess grease.
3. Add : Garlic and Spices: Stir in the minced garlic, paprika, dried dill (if using), salt, and black pepper. Cook for another minute until fragrant.
4. Simmer the : Sauce: Stir in the tomato sauce, diced tomatoes (undrained), beef broth, brown sugar, and Worcestershire sauce. Bring the mixture to a gentle simmer, then reduce heat to low and let it simmer for about 10-15 minutes, allowing the flavors to meld.
5. Prepare the : Cabbage: While the sauce simmers, roughly chop the green cabbage. If you prefer very tender cabbage, you can quickly sauté it in a separate pan for 5-7 minutes until slightly wilted, or microwave it with a splash of water for 4 minutes, then drain.
6. Combine with : Rice: Stir the uncooked long-grain white rice into the meat and tomato sauce mixture.
7. Layer the : Casserole: Pour about 1 cup of the meat and rice mixture into the bottom of a 9x13-inch baking dish.
8. Layer half of the chopped cabbage over the meat mixture.
9. Pour half of the remaining meat and rice mixture over the cabbage.
10. Add the remaining cabbage layer.

11. Finally, pour the rest of the meat and rice mixture over the top, spreading it evenly. You can gently press down on the layers to compact them slightly.
12. Bake: Cover the baking dish tightly with aluminum foil. Bake in the preheated oven at 350°F (175°C) for 60-75 minutes, or until the cabbage is tender and the rice is cooked through.
13. Add : Cheese (Optional) & Finish Baking: If using, remove the foil during the last 10-15 minutes of baking, sprinkle with shredded mozzarella or cheddar cheese, and continue baking uncovered until the cheese is melted and bubbly.
14. Rest and : Serve: Remove from the oven and let the casserole rest for 10-15 minutes before serving. This allows the juices to redistribute and the casserole to set.

SWAPS & NOTES

Ground Meat: While ground beef is traditional, you can use a combination of ground beef and ground pork for added richness, or ground turkey for a leaner option.

Ensure whatever meat you choose is browned and drained.

Cabbage: A standard green cabbage works best.
You can chop it coarsely or shred it if you prefer smaller pieces.

TIPS FOR SUCCESS

Drain Grease: Always drain excess fat from your ground meat after browning to prevent the casserole from being greasy.

Chop Cabbage Consistently: Aim for relatively consistent sizes for your chopped cabbage so it cooks evenly.

Taste and Adjust Sweetness: Taste your sauce mixture before layering.

Some tomatoes are more acidic than others, so you might want to add a little more brown sugar to balance it.

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

Original recipe: <https://chefmaniac.com/easy-stuffed-cabbage-roll-casserole-comfort-food-simplified/>