

## Stuffed Cabbage Roll Casserole: Hearty, Easy & Comforting Dinner

Stuffed Cabbage Roll Casserole: Your Cozy, Hearty, and Flavorful One-Dish Meal!



**OVEN**  
**350°F**

**TIME**  
**30 min**

**METHOD**  
**Slow cooker**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 2 pounds ground beef (lean or 80/20 blend)
- 3 1/2 pounds chopped cabbage (green cabbage, cored and chopped into about 1-inch pieces)
- 1 (29 ounce) can tomato sauce
- 1 cup chopped onion (yellow or white onion)
- 1 cup uncooked white rice (long-grain or medium-grain)
- 1 teaspoon salt
- 2 (14 ounce) cans beef broth (low sodium preferred)

#### Swaps and Notes:

**Ground Beef:** Lean ground beef works well. You can also use a mix of ground beef and pork, or even ground turkey for a lighter option.

**Cabbage:** Green cabbage is classic for this dish. Chop it into roughly 1-inch pieces; it will cook down significantly.

**Tomato Sauce:** A large can of plain tomato sauce is the base. You can add a tablespoon or two of tomato paste for deeper flavor if desired.

**Onion:** Chopped onion adds essential aromatic flavor.

**Uncooked White Rice:** The rice cooks right in the casserole, absorbing the liquid and flavors. Do not pre-cook the rice.

**Beef Broth:** Low-sodium beef broth allows you to control the overall saltiness of the casserole.

**Seasoning (Optional):** You can add a pinch of black pepper, a teaspoon of dried parsley, or a dash of

garlic powder for extra flavor. A touch of brown sugar (1-2 tablespoons) can also be added to balance the tomato's acidity, if you prefer a slightly sweeter profile.

Directions:

**Preheat Oven:** Preheat your oven to 350°F (175°C).

**Brown Ground Beef:** In a large skillet or Dutch oven, cook the 2 pounds ground beef over medium heat, breaking it up with a spoon, until it's browned and cooked through. Drain any excess fat from the skillet.

**Combine All Ingredients:** Transfer the browned ground beef to a very large mixing bowl (or directly into a large 9x13-inch baking dish if it's large enough for mixing). Add the 3 ½ pounds chopped cabbage, 1 (29 ounce) can tomato sauce, 1 cup chopped onion, 1 cup uncooked white rice, 1 teaspoon salt, and the 2 (14 ounce) cans beef broth.

**Mix Thoroughly:** Stir all the ingredients together thoroughly until they are well combined. Ensure the rice is evenly distributed throughout the mixture, as it will absorb liquid as it bakes.

**Transfer to Baking Dish:** If you mixed in a separate bowl, pour the entire mixture into a 9x13-inch baking dish and spread it out evenly.

**Bake:** Cover the baking dish tightly with aluminum foil. Bake in the preheated oven for 1 hour and 30 minutes.

**Uncover & Continue Bake:** After 1 hour and 30 minutes, remove the foil. Continue to bake for another 15-30 minutes, or until the cabbage is very tender, the rice is cooked through, and the casserole is bubbly. If desired, you can sprinkle a little extra black pepper or fresh parsley on top at this stage.

**Rest & Serve:** Once it's out of the oven, let the casserole rest for 10-15 minutes. This allows the liquids to settle and the flavors to meld. Serve hot and enjoy this hearty, comfort-food classic!

Tips for Success:

**Chop Cabbage Finely:** Chop the cabbage into manageable pieces (about 1-inch squares or strips) so it cooks down easily.

**Drain Beef Well:** Removing excess fat from the ground beef helps keep the casserole from being greasy.

**Don't Pre-Cook Rice:** The uncooked rice absorbs the liquid from the sauce and broth as it bakes, cooking right in the casserole.

**Cover Tightly:** Covering the casserole for the initial baking period helps the cabbage and rice cook evenly in the steamy environment.

**Taste & Adjust:** Taste the finished casserole and adjust salt or pepper as needed. The flavors are

rich and hearty.

Patience: Cabbage rolls (even deconstructed ones) take time to become tender and flavorful. Don't rush the baking.

Serving Suggestions and Pairings:

Crusty bread or dinner rolls for dipping in the sauce.

A side of sour cream for serving (a classic pairing with cabbage rolls).

A light green salad with a simple vinaigrette to cut through the richness.

## DIRECTIONS

1. Making this : Stuffed Cabbage Roll Casserole is straightforward, mostly involving mixing and baking in one dish!
2. Preheat : Oven: Preheat your oven to 350°F (175°C).
3. Brown : Ground Beef: In a large skillet or Dutch oven, cook the 2 pounds ground beef over medium heat, breaking it up with a spoon, until it's browned and cooked through. Drain any excess fat from the skillet.
4. Combine : All Ingredients: Transfer the browned ground beef to a very large mixing bowl (or directly into a large 9x13-inch baking dish if it's large enough for mixing). Add the 3 ½ pounds chopped cabbage, 1 (29 ounce) can tomato sauce, 1 cup chopped onion, 1 cup uncooked white rice, 1 teaspoon salt, and the 2 (14 ounce) cans beef broth.
5. Mix : Thoroughly: Stir all the ingredients together thoroughly until they are well combined. Ensure the rice is evenly distributed throughout the mixture, as it will absorb liquid as it bakes.
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9. **Rest & : Serve:** Once it's out of the oven, let the casserole rest for 10-15 minutes. This allows the liquids to settle and the flavors to meld. Serve hot and enjoy this hearty, comfort-food classic!
10. **Tips for Success: Chop Cabbage Finely:** Chop the cabbage into manageable pieces (about 1-inch squares or strips) so it cooks down easily.
11. **Drain : Beef Well:** Removing excess fat from the ground beef helps keep the casserole from being greasy.
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13. **Cover : Tightly:** Covering the casserole for the initial baking period helps the cabbage and rice cook evenly in the steamy environment.
14. **Taste & : Adjust:** Taste the finished casserole and adjust salt or pepper as needed. The flavors are rich and hearty.
15. **Patience:** Cabbage rolls (even deconstructed ones) take time to become tender and flavorful. Don't rush the baking.
16. **Serving Suggestions and Pairings:** This Stuffed Cabbage Roll Casserole is a complete and incredibly satisfying meal on its own! It's perfect for a cozy family dinner or a hearty potluck. You really don't need much else, but a simple side could be:
  17. Crusty bread or dinner rolls for dipping in the sauce.
  18. A side of sour cream for serving (a classic pairing with cabbage rolls).
  19. A light green salad with a simple vinaigrette to cut through the richness.
20. For other fantastic comforting beef dishes, you might also enjoy my Classic, Hearty Beef Stew or my tender Braised Oxtails.
21. **Storage and Leftover Tips:** Leftover Stuffed Cabbage Roll Casserole is fantastic, often tasting even better the next day! Store it in an airtight container in the refrigerator for up to 3-4 days. To reheat, cover loosely with foil and warm in a preheated oven at 300°F (150°C) until heated through and bubbly, or microwave individual portions. This casserole also freezes exceptionally well for up to 3 months; thaw in the refrigerator overnight before reheating.
22. **More Recipes You Will Love:** If you loved the hearty, comforting, and savory flavors of this casserole, here are a few more fantastic savory recipes that I think you'll absolutely love:
  23. For another comforting ground beef and rice dish, check out my Cheesy Ground Beef Rice Casserole.
  24. If you're a fan of tender beef from the slow cooker, my Slow Cooker Beef Brisket with BBQ Sauce is a fantastic choice.
  25. For an incredibly savory and satisfying beef and veggie dish, my Chinese Meat Pies are a unique and delicious option.

## SWAPS & NOTES

Ground Beef: Lean ground beef works well.

You can also use a mix of ground beef and pork, or even ground turkey for a lighter option.

Cabbage: Green cabbage is classic for this dish.

Chop it into roughly 1-inch pieces; it will cook down significantly.

### TIPS FOR SUCCESS

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

Original recipe: <https://chefmaniac.com/stuffed-cabbage-roll-casserole-hearty-easy-comforting-dinner/>