

Classic Stuffed Cabbage Rolls: A Hearty & Delicious Comfort Food

1/2 cup uncooked long-grain rice



TIME

5-10 min

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ChefManiac

INGREDIENTS

- 1 large head of cabbage
- 1 1/2 lbs ground beef
- 1/2 cup uncooked long-grain rice
- 1 small onion, finely diced
- 1 tsp garlic powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1 (28 oz) can crushed tomatoes
- 1 (15 oz) can tomato sauce
- 1/4 cup brown sugar
- 2 tablespoons lemon juice
- 1 tsp Worcestershire sauce

Swaps and Notes:

Cabbage: A large head of green cabbage works best. Choose one that is firm and without blemishes.

Ground Meat: While ground beef is traditional, you can also use a mix of ground beef and pork, or even ground turkey for a lighter version.

Rice: Uncooked long-grain white rice is best. It will cook and expand in the sauce, creating a tender and flavorful filling.

Sauce: The combination of crushed tomatoes, tomato sauce, brown sugar, and lemon juice creates a perfect balance of sweet and tangy. Adjust the brown sugar and lemon juice to your liking.

How to Make Stuffed Cabbage Rolls:

Prep the Cabbage: Carefully remove the core of the cabbage with a sharp knife. In a large pot of boiling water, carefully place the entire head of cabbage. Boil for 5-10 minutes, until the outer leaves soften and can be easily peeled away. Remove the outer leaves one by one and set them aside to cool. Repeat until you have about 12-16 good-sized leaves.

Make the Filling: In a large bowl, combine the ground beef, uncooked rice, diced onion, garlic powder, salt, and black pepper. Mix everything together with your hands until well combined.

Prepare the Sauce: In a separate bowl, whisk together the crushed tomatoes, tomato sauce, brown sugar, lemon juice, and Worcestershire sauce.

Assemble the Rolls: Take a softened cabbage leaf and place a scoop of the meat mixture (about 1/4 cup) near the stem end. Fold the stem end over the filling, then fold in the sides, and roll it up tightly. Repeat with all the remaining leaves.

Simmer to Perfection: Pour about half of the sauce into the bottom of a large pot or Dutch oven.

Arrange the cabbage rolls seam-side down on top of the sauce. Pour the remaining sauce over the rolls.

Bring to a simmer, then reduce the heat to low, cover, and let them cook for 1.5 to 2 hours, or until the cabbage is very tender and the rice and meat are fully cooked.

Tips for Success:

Don't Overstuff: Use about 1/4 cup of filling per roll. Overstuffing can cause them to burst during cooking.

Roll Tightly: Rolling the cabbage leaves tightly ensures they hold their shape and the filling stays put.

Use a Dutch Oven: A heavy-bottomed pot or Dutch oven is perfect for this. It distributes heat evenly and prevents the rolls from burning on the bottom.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

My Mexican Chicken and Rice Casserole is a fantastic one-pan dinner.

For a classic that never disappoints, my Spaghetti Recipe with Homemade Sauce is a must-try.

These Easy Turkey Wings are a perfect comfort food for a lazy weekend.

Final Thoughts:

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9. Serving Suggestions and Pairings: Stuffed cabbage rolls are a complete meal on their own, but they pair beautifully with a side of creamy mashed potatoes or a simple loaf of crusty bread for soaking up the delicious sauce. For other great comforting meals, my Cajun Chicken Sausage Gumbo or a hearty Instant Pot Lasagna would be a perfect match.
10. Storage and Leftover Tips: Leftover stuffed cabbage rolls are fantastic! Store them in an airtight container in the refrigerator for up to 3-4 days. They also freeze very well. Place them in a freezer-safe container, and they'll keep for up to 3 months. Thaw them in the fridge overnight before reheating on the stovetop or in the oven.
11. More Recipes You Will Love: If you're a fan of comforting, home-cooked meals, you'll want to check out some of these other favorites:
12. My Mexican : Chicken and Rice Casserole is a fantastic one-pan dinner.
13. For a classic that never disappoints, my : Spaghetti Recipe with Homemade Sauce is a must-try.
14. These : Easy Turkey Wings are a perfect comfort food for a lazy weekend.
15. Final Thoughts: This Stuffed Cabbage Rolls recipe is a true classic for a reason. It's a simple, delicious, and deeply satisfying dish that is perfect for a family dinner. The effort is minimal for the huge flavor payoff, and it's a meal that will have everyone feeling happy and full.
16. If you give this recipe a try, I'd love to hear about it! What's your favorite comfort food from your childhood? Let me know in the comments below.

SWAPS & NOTES

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

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