

Dump-and-Go Crockpot Cabbage Roll Skillet (No Rolling Required!)

Crockpot Unstuffed Cabbage Rolls - All the Flavor Without the Fuss



TIME
3 min

METHOD
Slow cooker

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INGREDIENTS

- 1 large head cabbage, chopped
- 1 pound ground beef or turkey
- 1 cup uncooked rice
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (28 oz) crushed tomatoes
- 1 can (15 oz) tomato sauce
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper, to taste
- 1 cup shredded cheese (optional)

DIRECTIONS

- 1. Brown the Meat:** In a large skillet over medium heat, cook the ground beef or turkey until fully browned. Drain excess fat and set aside.
- 2. SautØ the Aromatics:** In the same skillet, sautØ onion and garlic for 2-3 minutes until soft and fragrant.
- 3. Mix the Filling:** In a large bowl, combine cooked meat, onion mixture, uncooked rice, crushed tomatoes, tomato sauce, Worcestershire sauce, oregano, basil, salt, and pepper. Stir until evenly combined.
- 4. Layer in the Crockpot:** Add half of the chopped cabbage to the bottom of the crockpot. Spoon half of the meat mixture over it. Repeat with remaining cabbage and meat mixture.
- 5. Slow Cook:** Cover and cook on low for 6-8 hours or high for 3-4 hours, until cabbage is tender and rice is fully cooked.
- 6. Add Cheese (Optional):** Sprinkle shredded cheese over the top during the last 30 minutes and allow it to melt.

SWAPS & NOTES

Ground meat: Beef gives it classic flavor, but turkey or ground chicken keeps it lighter.

Rice: Long-grain white rice works best.

Brown rice can be used but may need extra cooking time and a splash of broth.

Extra flavor: Add 1 teaspoon smoked paprika for depth.

TIPS FOR SUCCESS

Make sure the rice is evenly distributed so it cooks uniformly.

If the mixture looks dry halfway through, add a splash of tomato sauce or broth.

Don't skip browning the meat-it adds depth and prevents greasy texture.

Let the dish rest for 5-10 minutes before serving so it thickens slightly.

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

Original recipe: <https://chefmaniac.com/dump-and-go-crockpot-cabbage-roll-skilllet-no-rolling-required/>