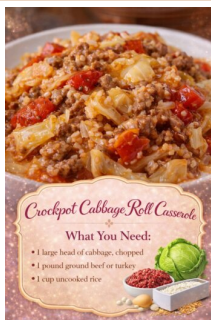


## Crockpot Cabbage Roll Casserole Is My Favorite Cozy Slow Cooker Dinner

### Crockpot Cabbage Roll Casserole



METHOD

**Slow cooker**

PRINT

**Recipe Card**

SAVE

**PDF**

SOURCE

**ChefManiac**

#### INGREDIENTS

- 1 pound ground beef
- 1 small onion, diced
- 3 to 4 cups chopped green cabbage
- 1 cup uncooked rice
- 1 can tomato sauce
- 1 can diced tomatoes
- 1 to 2 tablespoons tomato paste, optional for richer flavor
- 2 cups beef broth or water
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and black pepper, to taste
- 1 tablespoon Worcestershire sauce, optional
- Fresh parsley for garnish, optional

#### DIRECTIONS

1. In a skillet over medium heat, brown the ground beef with the diced onion until fully cooked. Drain excess grease if needed.
2. Stir in garlic powder, paprika, salt, pepper, and Worcestershire sauce if using.
3. Lightly grease your crockpot insert.
4. Add a layer of chopped cabbage to the bottom of the crockpot.
5. Spoon some of the beef mixture over the cabbage.
6. Sprinkle part of the uncooked rice over the beef layer.
7. Pour some tomato sauce, diced tomatoes, and broth over the top.
8. Repeat the layers until all ingredients are used, finishing with sauce on top.
9. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours, until the cabbage is tender and the rice is cooked through.
10. Stir gently before serving and garnish with parsley if desired.

#### SWAPS & NOTES

Ground beef is classic here, but ground turkey or ground chicken can work if you want a lighter version.

White rice is the easiest choice, though you can use brown rice if you adjust the cooking time and liquid slightly.

Green cabbage is the usual go-to, but savoy cabbage works too if you want a softer texture.

If you prefer a sweeter sauce, a pinch of brown sugar can balance the acidity of the tomatoes.

## TIPS FOR SUCCESS

Brown the meat first for the best flavor and texture.

While some slow cooker recipes let you skip that step, taking a few extra minutes here gives the casserole a much richer, more savory base.

Make sure there's enough liquid for the rice to cook properly.

If your casserole seems dry partway through cooking, add a little more broth.

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

Original recipe: <https://chefmaniac.com/crockpot-cabbage-roll-casserole-is-my-favorite-cozy-slow-cooker-dinner/>