

## Savory Rice and Vegetable Stuffed Cabbage Rolls (Healthy & Vegan)

This recipe is a staple in my plant-forward rotation for several reasons:



**OVEN**  
**375°F**

**TIME**  
**2-3 min**

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### INGREDIENTS

The Vessel: 1 large head of cabbage (Green or Savoy cabbage works best).

The Grain: 1 cup of brown rice (uncooked).

The Simmer: 2 cups of vegetable broth.

Aromatics: 1 onion (chopped), 3 cloves of garlic (minced), and 1/4 cup chopped fresh parsley.

The Veggies: 1 carrot (grated) and 1/2 cup of chopped tomatoes.

Essentials: Salt, pepper, and olive oil.

### DIRECTIONS

- 1. Prep the Oven and Cabbage:** Preheat your oven to 375°F (190°C). Bring a large pot of water to a rolling boil. Carefully remove the outer leaves of the cabbage. To get the leaves off without tearing, I like to cut a deep circle around the core first. Blanch the individual leaves in the boiling water for 2-3 minutes until they are soft and pliable. Drain them and set them aside to cool.
- 2. SautØ the Aromatics:** In a large skillet, heat a drizzle of olive oil over medium heat. Add your chopped onion and garlic, sautØing for about 5 minutes until the onion is translucent and smells incredible. Stir in the grated carrot and cook for another 2-3 minutes.
- 3. Simmer the Filling:** Add the dry brown rice to the skillet, stirring for a minute to "toast" the grains. Pour in the vegetable broth, chopped tomatoes, and parsley. Bring it to a boil, then immediately reduce the heat to low. Cover and simmer for 30-35 minutes until the liquid is absorbed and the rice is tender. Season generously with salt and pepper.
- 4. The Rolling Process:** Take a blanched cabbage leaf and lay it flat. If the center rib is very thick, you can carefully shave it down with a knife. Place a heaping spoonful of the rice mixture in the center. Fold the bottom of the leaf over the filling, tuck in the sides, and roll it up tightly-just like a burrito!
- 5. Bake to Perfection:** Place the rolls seam-side down in a baking dish. This ensures they don't unravel while cooking. Cover the dish tightly with foil and bake for 30 minutes. This final steam in the oven makes the cabbage melt-in-your-mouth tender.

6. Garnish and Serve: Serve the rolls hot, garnished with a sprinkle of fresh parsley.

## SWAPS & NOTES

**The Cabbage:** Savoy cabbage is often preferred by chefs because its crinkly leaves are more flexible and less likely to tear during the rolling process.

**The Rice:** You can swap brown rice for quinoa or farro if you want a different grain profile.

If you use white rice, remember to reduce the simmering time and liquid slightly.

**Added Protein:** For an even heartier version, stir in some cooked lentils or crumbled tempeh with the rice mixture.

## TIPS FOR SUCCESS

**The "Shave" Technique:** If you find the cabbage leaves are still stiff near the base, use a paring knife to shave the thickest part of the vein flat.

**Flavor Boost:** Use a high-quality vegetable bouillon to cook the rice; it's where most of the seasoning comes from!

**Don't Overstuff:** It's tempting to pile on the rice, but leaving room to fold the sides in ensures your rolls stay together in the oven.

