



Cabbage Roll Casserole

Introduction

Have you ever experienced the joy of biting into a delicious cabbage roll, only to wish the preparation was a bit simpler? Well, your culinary dreams are about to come true! We're delving into an adaptation of the classic stuffed cabbage rolls, turning it into the incredibly easier-to-make Cabbage Roll Casserole. This hearty dish brings together tender cabbage leaves, savory ground meat, and rich tomato sauce in a comforting, one-pan meal. As we explore this recipe, let's celebrate the simplicity and the depth of flavor it brings to our dining tables.

Detailed Ingredients

Before embarking on your cooking adventure, gather all the necessary ingredients. Here's a list to ensure you're ready to whip up this

delectable casserole:

- 1 pound ground beef
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 small head cabbage, chopped
- 1 (29 ounce) can tomato sauce
- 1 (14.5 ounce) can diced tomatoes
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup uncooked rice
- 1 cup water
- 2 cups shredded mozzarella cheese

Prep Time, Cook Time, Total Time, Yield

- Prep Time: 20 minutes
- Cook Time: 1 hour
- Total Time: 1 hour 20 minutes
- Yield: 8 servings

Detailed Directions and Instructions

Creating this Cabbage Roll Casserole is not only easy but also incredibly rewarding. Follow these detailed steps to ensure perfection in every bite:

Step 1: Preheat Your Oven

Start by preheating your oven to 350 degrees Fahrenheit (175 degrees Celsius). This will ensure that your casserole bakes evenly and comes out perfectly cooked.

Step 2: Cook the Beef and Onions

In a large skillet over medium heat, cook the ground beef until it's browned. Add the onions and garlic, and cook until the onions are tender and translucent. This combination forms the flavorful base of the casserole.

See also [Easy Shrimp Fried Rice Recipe for Dinner Tonight](#)

Step 3: Prepare the Cabbage and Rice

While the beef is cooking, chop the small head of cabbage and set it aside. Also, rinse the uncooked rice under cold water to remove excess starch.

Step 4: Combine Ingredients

In a large bowl, combine the browned beef mixture, chopped cabbage, uncooked rice, tomato sauce, diced tomatoes, salt, pepper, and water. Mix thoroughly to ensure even distribution of ingredients.

Step 5: Assemble the Casserole

Transfer the mixture into a large baking dish (about 9×13 inches). Spread it out evenly with a spatula to ensure an even bake.

Step 6: Bake

Cover the baking dish with aluminum foil and bake in the preheated oven for 1 hour, or until the cabbage and rice are tender and cooked through. The foil traps steam, which aids in cooking the rice.

Step 7: Add Cheese

Remove the foil, sprinkle the shredded mozzarella cheese over the top, and return the casserole to the oven. Bake for an additional 10 to 15 minutes, or until the cheese is melted and bubbly.

Step 8: Serve

Once the cheese is melted and golden, remove the casserole from the oven and let it cool for a few minutes before serving. Enjoy the melded flavors of this comfort-food classic.

Notes

Feel free to customize this recipe to match your tastes and dietary needs. Substitute the ground beef with ground turkey or chicken for a lighter option. For more nutrition, consider adding vegetables like bell peppers or carrots. Keep in mind that the cooking time for rice may vary depending on the type you use, so check for tenderness before concluding.

See also [Tuscan Chicken Tortellini Soup Recipe](#)

Cook Techniques

Understanding the cooking techniques involved in this recipe can help you master it with confidence:

Sautéing

Sautéing the ground meat and onions ensures they develop a rich flavor base. Using medium heat prevents burning and promotes even cooking.

Mixing

Thoroughly mixing all the ingredients ensures even distribution of flavors and textures throughout the casserole. Ensure you use a large bowl to prevent sp