

Stuffed Cabbage Casserole

Preparation time: 25 minutes

Cooking time: Low 4 to 5 hours

Yield: 6 servings

2 tablespoons olive oil
1 large onion, chopped
2 cloves garlic, minced
1 pound (1/2 medium head) green cabbage, shredded
1 pound lean ground beef
1 cup uncooked, long-grain converted rice
2 tablespoons minced Italian flat-leaf parsley
1 can (28 ounces) tomato sauce
2 cups water
1 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/2 cup grated Pecorino Romano cheese

Lightly spray a 4- to 6-quart slow cooker with vegetable oil cooking spray.

Heat the olive oil in a large nonstick skillet over medium-high heat. Add the onion, garlic, and cabbage and cook for 7 to 8 minutes, or until soft. Remove to a large mixing bowl. Add the ground beef to the skillet and cook until it is no longer pink. Add to the cabbage, along with the rice and parsley. Stir to combine.

Combine the tomato sauce, water, salt, and black pepper in a mixing bowl. Set 2 cups of the tomato sauce mixture aside for the top.

Cover the bottom of the slow cooker with half the tomato sauce. Cover with 1/3 of the meat and cabbage mixture. Cover with the remaining sauce and a third of the grated cheese. Repeat the layering, ending with the reserved 2 cups of tomato sauce and the last third of the grated cheese.

Cover and cook on low for 4 hours, or until the rice tests done and the casserole is hot through the center.

Courtesy of
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