

Cabbage Roll Casserole

Prep time: 20 minutes

Cook time: 1 hour 45 minutes

Servings: 6

Ingredients

- 1 ½ pounds lean ground beef
- 2 onions, chopped
- 1 cup water
- 1 (14 ounce) can tomato sauce
- 1 (14 ounce) can diced tomatoes
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup brown rice (uncooked)
- 4 cups cabbage, shredded



Instructions

1. Preheat oven to 325 degrees F and grease an 8x12 baking dish and set aside.
2. Heat a large skillet over medium heat. Cook and stir ground beef in skillet until it is evenly browned and no longer pink.
3. Drain and discard any excess grease. Add onions, water, tomato sauce, diced tomatoes, garlic, salt and pepper to the ground beef and bring to a simmer.
4. Add rice to the skillet, cover, and cook for 10 minutes.
5. Spread half the shredded cabbage in prepared baking dish then cover with half the beef and rice mixture. Repeat layers then cover baking dish with aluminum foil.
6. Bake in the preheated oven for 1 ½ hours or until cabbage is tender.