



Unstuffed Cabbage Rolls

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 mins	30 mins	40 mins	4 servings

Ingredients

- 2 tablespoons canola oil
- 1 pound 90/10 lean ground beef
- 1 large yellow onion, chopped
- 3 large garlic cloves, minced
- 1 small head (about 1 1/4 pounds) green cabbage, chopped (8 cups)
- 1 (15-ounce) can tomato sauce
- 1 (14.5-ounce) can diced tomatoes
- 1 1/4 cups water
- 3 tablespoons red wine vinegar
- 2 tablespoons packed light brown sugar
- 2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 (8.5 to 8.8-ounce) package microwavable white rice
- 2 tablespoons chopped fresh dill and/or parsley, plus more for garnish

Method

1. Brown the beef, onion, and garlic:

Heat the oil in a large, deep-sided skillet or Dutch oven over medium-high heat. Add the beef, onion, and garlic. Cook, stirring occasionally and breaking up the meat, until browned and crumbly, about 5 minutes.

2. Add cabbage, tomatoes, and seasonings and simmer:

Add the cabbage and cook, stirring occasionally, until wilted, about 5 minutes. Stir in the tomato sauce, diced tomatoes, water, vinegar, sugar, salt, and pepper until combined. Bring to a boil over medium-high heat.

Reduce the heat to medium and simmer, covered, stirring occasionally, until the cabbage is tender, about 15 minutes.

3. Add the rice and garnish:

Stir the uncooked rice into the mixture in the skillet until well combined. Cook, uncovered and stirring occasionally, until the rice is tender, about 2 minutes.

Remove from the heat. Stir in the herbs until combined. Garnish with additional herbs and serve.

Store leftovers in an airtight container in the fridge for up to 4 days. You can also freeze for up to 3 months.

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Nutrition Facts (per serving)

485	23g	43g	29g
CALORIES	FAT	CARBS	PROTEIN