

Ingredients

Meat & Grain

- ¾ lb ground beef
- ¾ lb ground pork
- ¾ cup brown rice, **par-cooked 15–20 minutes** (see note below)

Vegetables

- 1 small cabbage (about 14–16 cups chopped)
- 1 medium onion, finely chopped
- 2 ribs celery, chopped (optional but fine)
- 1 bell pepper, chopped (not traditional, but acceptable)
- 3 green onions, chopped
- 2 cloves garlic, minced
- 2 Tbsp chopped parsley

Liquids & Tomato

- 1 (8 oz) can tomato sauce
- 1 (10 oz) can Rotel tomatoes (or diced tomatoes)
- 1 to 1¼ cups water or beef broth

German Flavor Profile

- 1½ tsp salt (or to taste)
- ½ tsp black pepper
- **1½ tsp caraway seeds** (classic cabbage spice)
- **1 tsp sweet paprika**
- ½ **tsp smoked paprika** (optional but excellent)
- **1–2 tsp Worcestershire sauce** (adds depth)
- **1 Tbsp brown sugar** (very German sweet-sour balance)
- **1–2 Tbsp apple cider vinegar**

Optional traditional additions:

- 1 bay leaf
 - 1 tsp mustard (yellow or Dijon)
 - Small pinch marjoram or thyme
-



Brown Rice Note

Par-cook brown rice:

1. Bring rice + water to a simmer
2. Cook 15–20 minutes
3. Drain

This ensures it finishes cooking during baking without drying the dish.



Instructions

1. **Preheat oven to 350°F (175°C).**
2. **Brown the meat**

In a large skillet:

- Cook beef + pork together
- Add onion while browning
- Season lightly with salt and pepper
- Drain excess fat

3. **Combine everything**

In a very large bowl (or directly in the baking dish), mix:

- Cooked meat mixture
- Par-cooked rice
- Cabbage
- Celery, bell pepper, green onions
- Garlic, parsley
- Tomato sauce + tomatoes
- Water/broth
- All spices and seasonings
- Vinegar + sugar + Worcestershire

Mix thoroughly — cabbage will compress.

4. **Bake**

- Transfer to a greased large baking dish
- Add bay leaf on top (if using)
- Cover tightly

Bake:

1 hour, stir

Continue baking **30–60 minutes more**, until cabbage is tender

5. **Finish**

- Remove bay leaf
- Taste and adjust salt/vinegar
- Sprinkle fresh parsley on top