

Cabbage Roll Casserole

Adapted a lot from Spend with Pennies blog



- 1 tablespoon olive oil
- 1 large onion, diced
- 1/2 cup celery, chopped
- 3 cloves garlic, crushed
- 1 pound meat substitute, like Impossible or Beyond Beef, or lean ground beef, or ground pork, or 1/2 pound of each
- 28 ounces canned diced tomatoes, including juice
- 1 cup tomato sauce
- 1 tablespoon tomato paste
- 1/2 teaspoon beef broth concentrate, or vegetable broth concentrate
- 1 teaspoon paprika
- 1 teaspoon half-sharp paprika, or add Sriracha to taste
- 1 teaspoon thyme
- 1/2 teaspoon sage
- 1/2 teaspoon caraway seeds
- 1/2 teaspoon celery seeds
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups cooked rice (about 2/3 cup raw)
- 2 teaspoons cider vinegar
- 1 teaspoon dill weed, optional
- CABBAGE:**
- 1 large head cabbage, about 12-14 cups
- 1 tablespoon olive oil, or more if needed
- 4 tablespoons water
- TOPPING:**
- 1 1/2 cups Gruyere cheese, grated
- 1 1/2 cups Monterey jack cheese, grated
- fresh dill weed sprinkled on top

Per Serving (excluding unknown items): 514 Calories; 33g Fat (56.7% calories from fat); 35g Protein; 22g Carbohydrate; 6g Dietary Fiber; 78mg Cholesterol; 1039mg Sodium; 5g Total Sugars; trace Vitamin D; 757mg Calcium; 3mg Iron; 494mg Potassium; 632mg Phosphorus. Exchanges: .

Servings: 9

1. Preheat oven to 375°F.
2. in a large skillet saute onion and celery in olive oil for about 5 minutes. Then add garlic and the meat of choice over medium heat until no pink remains. Drain any fat. Stir in diced tomatoes (including juice), tomato sauce, tomato paste, and all seasonings - broth concentrate, paprika, half-sharp paprika or Sriracha, thyme, sage, caraway, celery seeds, salt and pepper. Simmer uncovered for about 20 minutes until thickened. Remove from heat and add cooked rice. Add cider vinegar and stir thoroughly so it's mixed well throughout. Taste for seasonings (may need more salt). Remove meat to a bowl and set aside.
3. Meanwhile, chop cabbage into 1" squares. Heat half the oil in same large skillet and add 1/2 of the cabbage and 2 tablespoons of water. Cook just until softened (about 10 minutes). Watch carefully so cabbage doesn't burn, adding more water if needed until cabbage is cooked through. Repeat with remaining cabbage. Place 1/2 of the cooked cabbage in a 9x13 casserole dish. It will just barely cover the bottom of the casserole. Top with 1/2 of the meat sauce. Sprinkle some fresh dill in between layers. Repeat layers of cabbage and sauce.
4. Sprinkle top of casserole with a generous portion of the two cheeses. You may refrigerate the casserole for a later time (allow to cool first). When ready to bake, remove casserole from refrigerator for about an hour before baking - it may take longer to bake.
5. Bake for 45 minutes, or until top of casserole (the cheese) is golden brown and the casserole is bubbling around the edges. If you're not sure it's thoroughly heated, test casserole in the center with an instant read thermometer and casserole should read 165°F. Remove from oven then sprinkle more dill weed on top. Allow to rest for 5 minutes, cut and serve.



Carolyn T's Blog: tastingspoons.com