

'Stuffed' Cabbage Casserole

Prep time: 30 minutes Cooking time: 1 hour

INGREDIENTS

- 1 1/2 T olive oil (divided)
- 1/2 lb. ground beef
- 1/2 lb. ground mild Italian sausage
- 1 medium onion, minced
- 3 to 4 grated garlic cloves
- 1 tsp. dried thyme
- 1 tsp. paprika
- salt and black pepper to taste
- 1 head green cabbage, coarsely chopped into 1/2" to 1" inch strips (remove core)
- 1 14.5 oz. can petite dice tomatoes with juice
- 1 15 oz. can tomato sauce
- 1 cup water (divided)
- 2 cups cooked rice
- 1 cup grated parmesan cheese
- 1 cup grated mozzarella cheese



INSTRUCTIONS

- Preheat oven to 350F/180C. Spray a 9"x13" glass casserole dish with non-stick spray
- Heat 1-2 tsp. olive oil over medium high in a large frying pan with high sides, or a Dutch oven; add ground beef and pork. Cook until it's about half-way done, breaking apart as it cooks. Add onion, garlic, thyme and paprika. Finish cooking meat until done and nicely brown.
- Add dices tomatoes, and tomato sauce to the meat. Turn the burner to low/simmer. Using about 1/4 cup water, rinse out the tomato cans and add the water to the meat. Bring to a simmer and stir occasionally for about 15 minutes.
- While the meat mixture simmers, place prepared cabbage in large frying pan or Dutch oven with high sides (one that has a lid). Drizzle olive oil over cabbage and toss with tongs. Add about 3/4 cup of water to pan and close with lid. Let the cabbage cook for about ten minutes, removing the lid and tossing with tongs every few minutes. The cabbage is ready when it has reduced in volume and some leaves look slightly translucent. Season cabbage with salt and fresh-ground black pepper.
- At the end of the meat and tomato sauce cooking time, stir in the 2 cups of cooked rice and gently combine. Taste this and adjust with salt and pepper.
- In the 9"x14" casserole dish, layer half the cabbage, half the meat mixture, other half of cabbage, and other half of meat mixture.
- Cover tightly with foil and bake in the oven for 40 minutes, or until the mixture is just starting to bubble on the edges.
- Remove foil and sprinkle on cheese. Bake uncovered an additional 20 minutes, or until the cheese is melted and starting to slightly brown. Let stand for about 5 – 10 minutes before serving.