

Bubbie's Space

Simple Recipes ♥ Bold Flavors ♥ Made with Love



Bubbie's STUFFED CABBAGE

Hearty, comforting cabbage rolls filled with seasoned beef, rice, herbs, rich spaghetti sauce, and Parmesan. A family favorite that's always a warm and wonderful meal!

PREP TIME	COOK TIME	SERVINGS	COMFORT
20 min	1 hour	6	in Every Bite

INGREDIENTS

- 1 large head green cabbage
- 1 lb ground beef
- 1 large onion, finely chopped
- 2 cloves garlic, use garlic powder
- 1 – 1½ cups cooked rice
- 1 cup grated Parmesan cheese
- 1 jar (24 oz) Prego sauce with meat
- 1 (15 oz) can tomato sauce (optional, for extra sauce)
- 1 tsp Italian seasoning (optional)
- Salt and black pepper (to taste)
- Fresh parsley, chopped (optional, for garnish)

OPTIONAL HERBAL ADDITIONS

- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp dried thyme
- ½ tsp dried marjoram
- Fresh parsley or dill (for garnish)

DIRECTIONS

1. With a pairing knife, core out the head of cabbage (cone shaped). Place into a large kettle of boiling water and boil for about 45 minutes. Drain the water and let the cabbage cool. When cool enough to touch, carefully peel off the leaves. Place leaves on a large platter off to the side.
2. **Prepare mixture:** Place ground beef into a large bowl. Add diced onions. Add 1 cup of Parmesan, and 1 – 1½ cups of cooked rice, add 1 cup of Prego sauce with meat. Add garlic powder and herbs. Mix well.
3. With a pairing knife, slice the stem end of each cabbage leaf to thin it. Place leaf stem end toward your flat on a plate.
4. With a large spoonful, scoop mixture and place on the leaf close to the stem end. Roll stem end over mixture. Fold in each side. Continue until completely rolled. Place into sauce lined roasting pan seam end down. When finished rolling all leaves, cover them with Prego sauce with meat.
5. Cover and place in a 375° F preheated oven for about 1 hour until cabbage is soft.

BUBBIE'S TIP

For extra flavor, try sautéing sliced mushrooms with the onions!

SERVING IDEAS

- Enjoy with mashed potatoes and spaghetti sauce, garlic toast, salad, or roasted vegetables.

SIMPLE INGREDIENTS | BOLD FLAVORS | EASY RECIPES | MADE WITH LOVE | FAMILY FAVORITE

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