

Everything
HERBAL
by Cheryl Jabz

Cheryl's Stuffed Cabbage

Hearty, comforting cabbage rolls filled with seasoned beef, rice, herbs, rich spaghetti sauce, and Parmesan.



Ingredients

- 1 large head green cabbage
- 1 lb ground beef
- 1 small onion, chopped
- 1 cup cooked rice
- 1 jar Prego spaghetti sauce with meat, divided
- 1/2 cup grated Parmesan cheese, plus extra for topping
- 1 tsp Italian seasoning
- 1/2 tsp parsley
- Salt and pepper to taste

Directions

1. Bring a large pot of water to a boil. Carefully soften the cabbage leaves for a few minutes until pliable, then drain and set aside.
2. In a skillet, cook the ground beef and chopped onion until the beef is browned and the onion is tender. Drain excess grease.
3. Stir in the cooked rice, Parmesan cheese, Italian seasoning, parsley, salt, and pepper. Mix in about 1 cup of the spaghetti sauce.
4. Place a spoonful of the beef mixture into each cabbage leaf and roll tightly.
5. Spread a little sauce in the bottom of a baking dish. Arrange the cabbage rolls seam-side down and cover with the remaining sauce.
6. Sprinkle with extra Parmesan cheese.
7. Cover and bake at 350°F for 35–40 minutes, until hot and bubbly.



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