Cabbage Roll Casserole

Number of Servings: 6

Prep Time: 25 minutes

Cook Time: 45 minutes

Ingredients

1lb grass-fed ground beef
or
1lb chopped mushrooms or eggplant to replace meat.
2 medium onions diced
1 carrot finely chopped
2 garlic minced
750ml diced tomatoes undrained
1 cup water
2 Tbsp tomato paste
1 Tbsp brown sugar or sucanat
1 tsp gluten free worcestershire sauce
1/2 cup gluten free long grain rice (brown or white both work, you will need to adjust the cooking time for brown and add 1/2 cup more water)
1/2 medium head cabbage, shredded or chopped (about 6 cups)
Sea salt and pepper to taste
Fresh Sour Cream to garnish

Instructions

Heat oven to 350 degrees

In a large skillet cook beef until just pink, breaking it up into small pieces while it cooks. Add onions, garlic and sauté.
Add diced tomatoes, paste, water, brown sugar, worcestershire sauce, carrot and salt and pepper. Bring to a boil mashing down tomatoes with back of wooden spoon. Add rice and cover with lid, simmer for 20 minutes or until the rice is cooked.

While sauce is cooking, shred or chop cabbage and place 1/2 in a medium size generously buttered casserole dish.

Pour 1/2 of rice mixture over shredded cabbage, repeat with more cabbage and finish off with the rice mixture.

Bake for 35-40 minutes until bubbly and cabbage is tender

Serve with sour cream or greek yogurt and sprinkle with fresh parsley. serves 6.

Great way to get cabbage into children.