

# Cabbage Casserole

Easy cabbage casserole with ground beef, tender cabbage, and melted cheese. A comforting one-dish meal perfect for busy weeknight dinners.

20 min

PREP

1h

COOK

1h 20min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 cabbage
- 1 lb ground beef
- 1 onion
- 1 clove garlic
- 1 cup sour cream
- 1 cup cheddar cheese
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the oven and dish**

Preheat oven to 175°C (350°F). Grease a 9x13-inch baking dish with butter or cooking spray.
- 2 Prepare the vegetables**

Remove outer leaves from 1 head of cabbage and cut into quarters. Remove the core and chop cabbage into 1-inch pieces.
- 3** Dice 1 onion into ¼-inch pieces. Mince 1 clove of garlic.
- 4 Cook the meat mixture**

Heat 2 tablespoons of oil in a large skillet over medium-high heat until shimmering, about 1-2 minutes.
- 5** Add diced onion and cook for 3-4 minutes, stirring occasionally, until softened and translucent.

- 6 Add minced garlic and cook for 30 seconds until fragrant. Add 1 pound of ground beef and cook for 6-8 minutes, breaking up with a spoon, until no pink remains.
- 7 Drain excess fat from skillet. Stir in 1 cup of tomato soup, 1 teaspoon salt, and 1 teaspoon pepper until well combined.
- 8 **Assemble the casserole**

Layer half the chopped cabbage in the prepared baking dish. Spread the meat mixture evenly over the cabbage, then top with remaining cabbage.
- 9 Cover tightly with aluminum foil and bake for 45 minutes until cabbage is fork-tender when pierced.
- 10 Remove foil and spread 1 cup of sour cream evenly over the top. Sprinkle with shredded cheese if using.
- 11 Return to oven uncovered and bake 15 minutes more until the top is lightly golden and bubbling around edges.
- 12 Let rest for 10 minutes before serving to allow layers to set.

## Tips

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Salt the cabbage layers lightly and let them sit for 10 minutes before assembling to draw out excess moisture, then pat dry with paper towels.

Brown the ground beef in batches if necessary to avoid overcrowding the pan, which can cause steaming instead of browning.

Use a sharp knife to cut the cabbage into uniform pieces for even cooking throughout the casserole.

Let the casserole rest for 10 minutes after baking to allow the layers to set and make serving easier.

Cover the casserole with foil if the top is browning too quickly during the initial baking period.

Save the cabbage core and outer leaves for making vegetable stock rather than discarding them.

For extra flavor, sauté the cabbage briefly before layering to remove some of its raw bite.

Double-check that your baking dish is deep enough to accommodate all the layers without overflowing.