

## Unstuffed Cabbage Roll

**Prep Time: 20 min. Cook Time: 35 min. Total: 55 min.**

**Yield: 6 servings**

### Ingredients:

- 2 pounds ground beef
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce
- ½ cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper

### Directions:

1. Heat a Dutch oven or large skillet over medium-high heat.
2. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly, 5 to 7 minutes; drain and discard grease.
3. Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil.
4. Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.
5. Serve over rice and with sour cream, if desired.

### Nutrition Facts Per Serving:

Calories: 398.3, Carbs: 16.3 g, Protein: 28.5 g, Fat: 23.8 g

**Recipe Source:** <https://www.allrecipes.com/recipe/235997/unstuffed-cabbage-roll/>