

Crock Pot Cabbage Roll Casserole

One of my favorite dishes that my grandmother made is cabbage rolls, but honestly– who has time for all the steps?! I have made them before in the crock pot (use the search function to see my recipe) but today's version is even easier. It has almost all the same components, but only takes a cutting board, a knife and a spoon to get everything into the crock pot.

I really like that this casserole is thick, there isn't much broth left in the pot. I suggest serving it over some mashed potatoes. It's like a complete meal in one bowl!

1 lb ground turkey, not cooked

1 c. brown rice, not cooked

2 c. spaghetti sauce

1 c. vegetable juice

1/2 head cabbage, chopped fine

1/2 medium onion, chopped

2 T. brown sugar

2 T. apple cider vinegar

2-3 cloves garlic, minced

1 t. celery seed

1 t. salt

1/2 t. black pepper

1 T. parsley

1/2 c. water

Put cabbage and onion in crock pot first, then top with rice, all seasonings and garlic. Pour sauce and juice in next and stir well. Place ground meat on top of mixture. Cook on low for 4 hours. When meat browns, break up with a spoon and/or fork and stir entire contents. Add water and cook one hour more.

Crock Pot Sloppy Joes

Here's your mission if you choose to accept it: *make dinner for four adults and two kids when you are staying at a friends house, you found one pound of ground turkey in the freezer and there is a pantry of assorted cans. And.... GO!*

While visiting friends this week, I figured it was only appropriate to help with meals since they are at work all day. I know there is a crock pot on staff in the kitchen, so I accepted this mission without hesitation. Crock pot cooking is just the easiest way to make a crowd-pleasing dish without making a huge mess.

With our mix of adults and kids, I figured crock pot sloppy joes would be great. But with only one pound of meat, I knew that I needed to pump up the dish with some added ingredients. This recipe worked out great because it kept the true flavor of sloppy joes, but included some extra protein. Try this out next time you have to feed friends or family members or are looking for a no-fuss take on an old-time favorite. Enjoy!

1 lb. ground turkey

1/2 medium onion, diced (or 3 T. dried minced onion)

1 green pepper, seeded and diced

1 14 oz. can of black beans, drained and rinsed

1 6 oz. can of tomato paste

1/2 cup brown sugar

1 t. cumin

1 t. black pepper

1 t. chili powder

1 t. garlic powder

1/2 t. salt

1 t. worchestershire sauce

2 t. apple cider vinegar

1 t. yellow mustard

1 c. tomato juice or vegetable juice

1/4 c. water

Brown ground meat thoroughly in 1-2 t. of vegetable oil. Then add green peppers and (fresh) onions, cook until they are soft, and add to crock pot. In a separate bowl, mix together the rest of the ingredients and the pour on top of cooked items in crock pot, stir together. Add in the black beans and stir once more. Cook on low for 4-6 hours. Serve on hamburger buns for traditional presentation or use King's Hawaiian Original Rolls to make cute little sloppy joe sliders.