

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.