



LAZY CABBAGE ROLL CASSEROLE

Angela Litzinger @angelaskitchen.com

ONE BATCH MAKES 2 9x13 PANS.

INGREDIENTS	X 1	X 2	X 3	X 4
Onions, chopped	2 medium	4 medium	6 medium	8 medium
Ground beef	1 lb	2 lb	3 lb	4 lb
Ground pork	1 lb	2 lb	3 lb	4 lb
Garlic cloves, minced	6	12	18	24
Gluten free tomato sauce	3 1/2 c (about one 28 oz can)	7 c (about two 28 oz cans)	10 1/2 c (about 3 - 28 oz cans)	14 c (about 4 - 28 oz cans)
Diced tomatoes (fire roasted, optional)	3 1/2 c (about one 28 oz can)	7 c (about two 28 oz cans)	10 1/2 c (about 3 - 28 oz cans)	14 c (about 4 - 28 oz cans)
Tomato paste	11 oz	22 oz	33 oz	44 oz
Apple cider vinegar	1/2 cup	1 cup	1 1/2 cup	2 cups
Packed brown sugar	1/4 c (or 2-3 T honey)	1/2 c (4-6 T honey)	3/4 c (6-9 T honey)	1 c (8-12 T honey)
Dried dill weed	1 t	2 t	1 T	4 t
Ground nutmeg	1/2 t	1 t	1 1/2 t	2 t
Salt	1/2 t	1 t	1 1/2 t	2 t
Ground pepper	1/4 t	1/2 t	3/4 t	1 t
Chili powder	1/8 to 1/4 t	1/4 to 3/8 t	3/8 to 3/4 t	1/2 to 1 t
Cooked brown rice or quinoa	4 cups	8 cups	12 cups	16 cups
Thinly sliced cabbage	18-20 c (about 3 pounds)	36-40 cups (about 6 lbs)	54-60 cups (about 9 lbs)	72-80 c (about 12 lbs)

In a skillet over medium-high heat, cook the onions until translucent. Add ground beef, pork and garlic, continuing to cook until meat is browned and cooked through. Drain any grease and set aside.

In another bowl combine the tomato sauce, tomatoes, tomato paste, apple cider vinegar, brown sugar, salt, pepper, dill weed, nutmeg, and chili powder. Stir until well blended.

In the bottom of two oiled 9x13 pans, divide the rice or quinoa evenly into the pans. Pat the grain into an even layer on the bottom of the pans, using clean wet hands if it is too sticky. On top of the rice layer add a layer half of the cabbage, half of the meat and half of the tomato sauce. Repeat the layers of cabbage, meat and sauce, using a large spoon if needed to compress the layers so there is less air pockets in the casserole.

Cover pan with foil (or with parchment and then foil, if you prefer).

To freeze: Make sure the dish is wrapped well. Label and freeze.

To serve: Thaw. Keep covered and bake at 350 for 1 hour or until cabbage is tender and cooked through.