

Cabbage Patch Casserole

From the Kitchen of [Deep South Dish](#)

Ingredients

- 1 pound breakfast sausage, Italian sausage or ground beef
- 2- 1/2 cups chopped onion
- 1/2 cup chopped green or red bell pepper
- 1 tablespoon minced garlic
- 1 cup beef stock/broth or water
- 1 (15 ounce) can diced tomatoes, undrained
- 1/2 tablespoon Worcestershire sauce
- 1/2 teaspoon mixed dried herbs, such as herbes de provence
- 1/2 teaspoon Cavender's or other all-purpose seasoning
- 3 tablespoons uncooked long grain rice
- 6 cups coarsely chopped, raw cabbage
- 2 cups shredded cheddar cheese, optional

Instructions

1. Preheat oven to 350 degrees F. Butter a 9 x 13 inch casserole dish; set aside.
2. Add the sausage or beef to a large skillet and cook until lightly browned. Add the onion and bell pepper and cook until tender, about 4 minutes. Add the garlic and cook another minute.
3. Stir in the beef broth, tomatoes with their juices, Worcestershire, herbes, Cavender's and rice. Stir together; set aside.
4. Scatter the cabbage evenly in the bottom of the prepared casserole. Pour the meat mixture all over the top, seal tightly with aluminum foil and bake at 350 degrees F for 1-1/2 hours.
5. If using cheese, uncover, sprinkle with cheese and return to the oven until cheese has melted.

Notes

This recipe is not heavy with rice, so yes, 3 tablespoons of uncooked rice, is correct. If you want more rice, you'll need to adjust liquids accordingly. Substitute a mixture of thyme, sage, marjoram and rosemary for the herbes de provence, or use another blend like Italian. Add oregano for an Italian flavor and for Mexican, substitute small amounts of coriander,

cayenne, pepper, cilantro, chili and cumin.

Tip: Sometimes cabbage can create a lot of water. To avoid that, chop and parcook the cabbage, then drain. Proceed with recipe, reducing the cooking time to about 30-40 minutes or until casserole is warmed through.

Cabbage Patch Soup: Prepare as above except substitute 6 cups of chicken stock or broth, or a mix of broth and water adding 1/2 tablespoon of chicken base. Omit the rice and substitute 1 (15 ounce) can of beans, rinsed and drained. Add everything to a soup pot. Let simmer about 1 hour, or until cabbage is tender.

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