

DINNER

Stuffed Cabbage

24 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
90 min	30 min	60 min	8	\$0.86	236 kcal



Stuffed Cabbage takes about 1 hour and 30 minutes from beginning to end. This recipe makes 8 servings with 288 calories, 15g of protein, and 12g of fat each. For 86 cents per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. Several people really liked this main co...

Ingredients

- ☐ 1 medium head cabbage
- ☐ 1 egg
- ☐ 1 pound ground beef
- ☐ 1 tablespoon vinegar
- ☐ 1 tablespoon white sugar
- ☐ 1 cup cooked rice
- ☐ 8 servings garlic powder to taste
- ☐ 12 fluid ounce (12 fluid ounce) can tomato juice canned
- ☐ 8 servings water to cover

EQUIPMENT Bowl, Pot

Method

- 1 Place the head of cabbage in a large pot over high heat and add water to cover. Boil cabbage for 15 minutes, or until it is pliable and soft.
- 2 Drain and allow to cool completely.
- 3 Remove the hard outer vein from the leaves.
- 4 In a separate large bowl, combine the beef, rice, garlic powder and the egg, mixing well.
- 5 Place a small amount, about the size of your palm, into the center of a cabbage leaf and fold leaf over, tucking in the sides of the leaf to keep meat mixture inside.
- 6 Pile up the filled leaves in a large pot, putting the larger leaves on the bottom.
- 7 Add the tomato juice, vinegar and sugar and enough water to cover. Simmer over medium low heat for about 60 minutes. (Note: Keep an eye on them, making sure the bottom of leaves do not burn.)

Nutrition per serving

236	14 g	12 g	19 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.6 g · 29% of daily needs
Fibre			4 g · 16% of daily needs
Sugar			7.2 g · 8% of daily needs
Sodium			139 mg · 6% of daily needs
Cholesterol			60.7 mg · 20% of daily needs
Vitamin C			45.7 mg · 55% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/stuffed-cabbage-144870