Table of Contents

- Description
- Can This Stuffed Cabbage Roll Casserole Support Weight Loss Goals?
- Does Stuffed Cabbage Roll Casserole Fit a High-Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You’ll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
  - Ingredients:
  - Directions:
  - Nutrition Facts (Per Serving – Approximate):
  - Notes:

Description

This Stuffed Cabbage Roll Casserole brings all the comforting, savory flavors of classic stuffed cabbage rolls into a quick and effortless one-pan dish. Tender tenderized cabbage, lean ground meat, and rich tomato sauce simmer together to deliver a hearty texture that satisfies comfort food cravings. It is a fantastic option for anyone seeking high protein and low-carb meals without spending hours rolling cabbage leaves.

Can This Stuffed Cabbage Roll Casserole Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging a high volume of fiber-rich cabbage paired with lean protein to keep you full and satisfied for longer. High-protein meals help maintain muscle tissue while keeping calorie density naturally low, making it easier to stay in a comfortable calorie deficit without feeling deprived.

Does Stuffed Cabbage Roll Casserole Fit a High-Protein Lifestyle?

Absolutely, this casserole is exceptionally well-suited for a high-protein lifestyle because it

relies on lean ground turkey or beef as its primary foundation. By substituting traditional high-carb rice with cauliflower rice or omitting heavy grain fillers entirely, the net carb count stays low while delivering over 30 grams of protein per serving. It offers an optimal balance of essential macronutrients using wholesome, whole-food ingredients.

My Personal Experience

- Prep Time Saver: Chopping the cabbage instead of boiling and rolling individual leaves cuts kitchen prep time in half. This makes it my go-to weeknight dinner when I want a slow-cooked flavor without the hassle.

- Meal Prep Hero: The flavors intensify after sitting overnight in the fridge, making leftovers taste even better the next day. It holds its texture remarkably well during reheating without getting soggy.

Perfect For:

- High-Protein & Low-Carb Weeknight Dinners: Ideal for busy schedules when you need a nutritious, macro-friendly meal fast.

- Keto & Low-Carb Meal Prep: Great for prepping portion-controlled lunches that keep you energized throughout the workday.

- Cozy Winter Comfort Food: Perfect for cold evenings when you crave a warm, traditional home-cooked meal without extra carbs.

Why You’ll Love This Recipe:

- All the Classic Flavor, Zero Rolling: You get the iconic taste of traditional cabbage rolls in a simple, one-skillet bake. It eliminates the tedious step of carefully wrapping meat in fragile leaves.

- Macro-Friendly Comfort: High in lean protein and dietary fiber while keeping net carbs to a minimum. It delivers ultimate comfort food satisfaction while completely aligning with your fitness goals.

Common Mistakes to Avoid:

1. Using Excess Watery Cabbage: Overcrowding the pan with un-drained, wet cabbage can result in a watery casserole; sauté the cabbage briefly first to draw out excess moisture.

2. Choosing Super Fatty Meats Without Draining: Using high-fat ground meat without draining off excess grease will make the sauce oily instead of rich and savory.

3. Overcooking the Cabbage: Leaving the dish in the oven for too long turns the cabbage mushy; bake just until tender-crisp for the best texture.

4. Skipping Acid in the Tomato Sauce: Forgetting a splash of apple cider vinegar or lemon juice leaves the tomato base tasting flat instead of bright and balanced.

Required Equipment:

- Large Cast-Iron Skillet or Dutch Oven: Promotes even browning of the meat and transitions seamlessly from stovetop to oven.

- Chef’s Knife: Allows for quick, uniform slicing and chopping of tough cabbage heads.

- Wooden Spoon or Meat Chopper: Easily breaks up ground meat into fine crumbs while searing.

Storage Instructions:

Store leftovers in airtight glass containers in the refrigerator for up to 4 days to maintain peak flavor and fresh protein quality. For long-term storage, portion the cooked casserole into freezer-safe containers and freeze for up to 3 months; thaw overnight in the fridge before reheating.

Recipe Details

- Preparation Time: 15 minutes

- Cooking Time: 35 minutes
- Total Time: 50 minutes
- Servings: 6
- Best Season for This Recipe: All-season (Especially cozy in autumn and winter)
- Total Calories (Per Serving): Approximately 320 kcal

A savory blend of lean ground beef, tender cabbage, and seasoned tomato sauce baked to perfection. This low-carb casserole delivers maximum high-protein comfort with minimal cleanup.

 Ingredients:

- 1.5 lbs (680g) Lean ground beef (90/10) or ground turkey
- 1 medium head (about 6 cups) Green cabbage, coarsely chopped
- 1 medium Yellow onion, finely diced
- 3 cloves Garlic, minced
- 1 cup Cauliflower rice *(Note: Use freshly grated or thawed frozen cauliflower rice, drained of excess liquid)*
- 1 can (15 oz / 400g) Tomato sauce (no added sugar)
- 1 can (14.5 oz / 410g) Diced tomatoes, undrained
- 2 tbsp Tomato paste
- 1 tbsp Apple cider vinegar

- 1 tsp Italian seasoning
- 1/2 tsp Smoked paprika
- Salt and black pepper To taste
- 1 tbsp Olive oil

Directions:

1. Preheat & Prep: Preheat your oven to 375°F (190°C). Heat olive oil in a large oven-safe skillet over medium-high heat.
2. Brown the Protein: Add the ground meat and diced onion to the skillet; cook for 6–8 minutes, breaking up the meat until no longer pink and the onions are soft. *(High-protein tip: Allow the meat to sit undisturbed for 2 minutes initially to achieve a golden sear for better flavor density).*
3. Aromatics & Spices: Stir in the minced garlic, tomato paste, Italian seasoning, smoked paprika, salt, and pepper. Cook for 1–2 minutes until fragrant and the paste turns a deep brick-red color.
4. Combine Sauce & Low-Carb Base: Stir in the diced tomatoes, tomato sauce, apple cider vinegar, and cauliflower rice. Bring the mixture to a gentle simmer for 3–4 minutes over medium heat.
5. Add Cabbage: Layer the chopped cabbage into the skillet, stirring gently to fold it into the meat and sauce mixture.
6. Bake to Tender Perfection: Cover the skillet with foil (or a lid) and bake in the oven at 375°F for 20 minutes. Remove the foil and bake uncovered for an additional 10 minutes until the cabbage is tender and the sauce is bubbly.

Nutrition Facts (Per Serving – Approximate):

- Calories: 320 kcal
- Fats: 12g
- Cholesterol: 70mg
- Sodium: 480mg
- Potassium: 750mg
- Total Carbohydrates: 14g
- Fiber: 5g
- Net Carbs: 9g
- Sugars: 6g
- Protein: 32g
- Calcium: 85mg

Notes:

- Storage & Reheating: Refrigerate in an airtight container for up to 4 days, or freeze for 3 months. Reheat individual portions in the microwave for 2 minutes or in a skillet over medium-low heat until warmed through.
- Allergy Notes: Naturally gluten-free, dairy-free, and grain-free; ensure canned tomato products have no added sugars or wheat-derived thickeners.
- Flavor Boosts: Top with a sprinkle of smoked paprika, fresh parsley, or a dollop of unsweetened Greek yogurt (a high-protein sour cream alternative) right before serving.