

Unstuffed Cabbage Rolls



Ingredients

- 1 pound lean ground beef
- 1 small sweet onion , diced
- 3 cloves garlic , minced
- 1/2 teaspoon paprika (we liked smoked paprika!)
- 1/2 cup uncooked white rice
- 2 tablespoons brown sugar
- 15 ounce can tomato sauce
- 1 & 1/2 cups low-sodium beef broth
- 1 small head cabbage , core removed, chopped (about 6 cups)
- salt, to taste
- sour cream or Greek yogurt, for serving

Instructions

- In a large nonstick skillet, sauté beef and onion over medium-high heat, breaking the beef up into small crumbles and cook until no pink remains and onion is soft, about 3 minutes. Drain off the grease.
- Add in the garlic and cook until fragrant, about 20 seconds. Stir in paprika.
- Add uncooked rice, brown sugar, tomato sauce, broth, and cabbage to the skillet; mix to combine. Bring to a boil.
- Once boiling, reduce heat to a gentle simmer. Cover and cook for about 22 to 25 minutes, lifting the lid to stir a couple times, until cabbage and rice are tender.
- Test for seasoning and add salt as desired.
- Serve in bowls with a dollop of sour cream or Greek yogurt.