

## Unstuffed Cabbage Roll Casserole

1 tablespoon olive oil  
1 pound ground beef, pork, or turkey (I used half beef/half pork)  
1 cup chopped onion  
1 teaspoon minced garlic  
Ground black pepper and salt, to taste  
1 14.5-ounce can diced tomatoes  
1 8-ounce can no-salt tomato sauce  
1 tablespoon Hungarian sweet paprika  
1/4 teaspoon cayenne pepper  
1/2 teaspoon Worcestershire sauce  
2 teaspoons rice wine or white vinegar  
1/2 cup white rice, uncooked  
1 3/4 cups homemade or low sodium beef broth  
1 small head cabbage (about 1 pound), quartered and sliced thin  
1/2 cup shredded mozzarella

Preheat oven to 375 degrees. In a skillet, brown the ground ground meat and chopped onions in the olive oil over medium heat until meat is cooked through, about 10 minutes. Add the minced garlic and cook a minute or two more. Drain the grease, if any. Grind a bunch of black pepper over it and add salt, to taste. Set aside.

In a bowl, mix in the next 7 ingredients (diced tomatoes through the rice).

Lightly spray an 8 x 8 casserole dish with oil, then layer half the cabbage on the bottom.

Top with half the ground meat mixture, then half the tomato sauce mixture. Repeat. Last, pour the beef broth over all.

Cover dish tightly with foil, and cook in oven for 1 hour 15 minutes. Remove foil, sprinkle cheese over top and broil for just a few minutes to melt cheese. Remove and let rest for 5 minutes, then serve.