Beef, Cabbage and Tomato Rice Hotdish

One 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 35 min · Total 1 hr 35 min

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, chopped (150 g)
- 2 medium carrots, cut in 1/4-in/6-mm dice (150 g prepared)
- 1 lb lean ground beef (450 g)
- 1 lb 5 oz green cabbage, cored and cut in thin short ribbons (600 g prepared)
- 2 garlic cloves, finely chopped (6 g)
- 1 can crushed tomatoes with juice (14 oz/400 g)
- 3/4 cup tomato passata (180 ml)
- 1/2 cup low-sodium beef stock (120 ml)
- 2 teaspoons sweet paprika (4 g)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper
- 1 cup dry long-grain white rice (180 g)
- 1 1/2 cups water (360 ml), or rice-packet amount for 180 g dry rice
- 1 tablespoon cider vinegar (15 ml)

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Covered rice saucepan, 12-in/30-cm deep skillet, Bowl, Rimmed baking sheet, Food thermometer, Suitable foil

Allergens

Celery or other allergens may be present in stock; check labels. Check labels and substitutions.

Make it

1. Heat oven to 375°F (190°C). Put the dish on a rimmed sheet. Heat oil in the skillet over medium heat. Cook onion and carrot 8–10 minutes until nearly tender. Transfer to a bowl.

2. Add beef to the skillet and cook over medium-high heat 8–10 minutes, breaking up, until it reaches 160°F (71°C). Safely drain excess fat if needed. Meanwhile rinse rice, put in its covered saucepan with the stated water or packet amount, bring to a simmer and cook gently for 15–18 minutes or packet time. Stand covered off the heat for 10 minutes.

3. Return vegetables to the beef. Add cabbage in batches and cook 8–10 minutes, turning, until softened. Stir in garlic for 30 seconds, then tomatoes, passata, stock, paprika, thyme, salt and pepper. Simmer uncovered 7–8 minutes until thick and cabbage is tender. Stir in vinegar.

4. Fold freshly cooked hot rice into the hot filling and transfer promptly to the dish. Cover with suitable foil and bake 20 minutes. Uncover and bake 5–10 minutes more until the center and several other spots reach 165°F (74°C).

5. Rest 5 minutes and divide into six portions.

A spooned cabbage supper

This recipe is an original unrolled pan, not a claim to reproduce a particular family’s cabbage rolls. The useful details are tender vegetables, moist separate grains and a clearly managed rice clock.

A useful detail

The 95-minute total overlaps rice cooking with the cabbage-and-sauce stage. Follow a longer rice-packet time if necessary. Previously chilled or reheated rice is not substituted into this continuous fresh-rice method.

Keep it well

Cool the finished rice bake quickly in small shallow portions, ideally within 1 hour of cooking, and refrigerate at 40°F (4°C) or below. Use within 24 hours of the rice’s original cooking or an earlier ingredient deadline. Reheat no more than once, to 165°F (74°C) throughout, then eat immediately and discard reheated leftovers. Do not leave the full deep pan on the counter to cool. No freezer-batch method is included.