

Cabbage Casserole

1/4 cup white rice, uncooked
1 head cabbage, sliced into 1/2-inch slices
1 pound ground beef
3/4 stick butter
1 small yellow onion, chopped (about 1 cup)
2 bell peppers (not green), chopped (about 1 cup)
2 celery stalks, chopped (about 1/2 cup)
3 garlic cloves, finely chopped
1 cup whole milk
1/2 pound sharp cheddar cheese
Salt, pepper to taste



- ✚ Preheat the oven to 350°F
- ✚ Bring a large pot of water of salted water to a boil and add the cabbage slices. Cook until tender, no more than 2 minutes. Drain the cabbage, place in a medium bowl and set aside
- ✚ In a large skillet cook the beef until browned, 8 to 10 minutes. Transfer the beef to the bowl with the cabbage and set aside
- ✚ Melt the butter and cook onion, pepper and celery until translucent, 5 to 10 minutes. Add the garlic and cook for another 5 minutes. Transfer to the bowl with cabbage and beef
- ✚ Stir in the milk, cheddar cheese, rice, salt and pepper into the cabbage bowl until all combined
- ✚ Pour the mixture into a 13x9-inch casserole dish and place in the oven. Bake until golden brown on top and set, about 40 minutes. Serve hot.