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Slow Cooker Unstuffed Cabbage Rolls

Recipe by [allisonetreadwell](#)

Course: **Dinner** / Cuisine: **American** / Difficulty: **Easy**

 <p>Servings 4-6 servings</p>	 <p>Prep time 10 minutes</p>	 <p>Cooking time 4 hours</p>	 <p>Calories 187 kcal</p>
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Slow Cooker Unstuffed Cabbage Rolls are an easy, hearty and healthy weeknight meal!

INGREDIENTS

- 1 pound lean ground beef
- 1 cup chopped onion
- 3 garlic cloves, minced
- 1/2 teaspoon of salt
- 1/2 teaspoon of pepper
- 1/2 teaspoon thyme
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon sugar
- 1 head cabbage, coarsely chopped
- 1 (15 oz) can diced tomatoes, undrained
- 1 can tomato paste
- 3/4 cup water

DIRECTIONS



- 1** Brown meat in pan and drain fat. Add half to the bottom of the Slow Cooker.
- 2** Combine thyme, red pepper flakes, sugar, salt and pepper in small bowl and stir. Sprinkle half of the seasoning over the top of the meat.
- 3** Add 1/2 the cabbage, bell peppers, onions and garlic.
- 4** Combine tomato paste and diced tomatoes and stir to combine. Pour half on top of veggies.
- 5** Repeat these layers one more time.
- 6** Take your tomato paste can and fill it with water, 3/4 cup water. Pour this liquid on top of everything.
- 7** Cover and cook on low for about 8 hours or on high for 4 hours.
- 8** Serve over rice or cauliflower rice.

NOTES

i Nutritional Information does not include rice or cauliflower rice.



Slow Cooker Baked Mac and Cheese

Slow Cooker 15 Bean Soup and Ham

