

Cabbage and Rice



This **Vegan Cabbage and Rice** is full of tender-soft cabbage strips, chewy rice, and flavorful veggies. With just a hint of spice, this dish makes a delicious side dish or meal for any time of day.

Course	Main Course
Cuisine	American
Prep Time	10 minutes
Cook Time	35 minutes
Total Time	45 minutes
Servings	4 servings
Calories	310kcal
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Ingredients

- 2 tbsp. olive oil
- 1 medium onion, diced
- 2 medium carrots, shredded
- 1/3 tsp. red pepper flakes optional
- 1/2 medium cabbage head, shredded
- 3 medium tomatoes, diced
- 1/2 tbsp. paprika
- 1 tsp. salt or to taste
- 1/3 tsp. pepper or to taste
- 1 cup short or medium grain rice, rinsed
- 2 cups vegetable broth
- 1/4 cup chopped parsley

Instructions

1. In a large skillet or Dutch oven, saute the onion, carrots, and red pepper flakes in olive oil for about 5-6 minutes over medium heat.
2. At this point, add the cabbage, tomatoes, paprika, salt, and pepper. Cook for 10-15 minutes, stirring occasionally.
3. Now add the rice and veggie broth. Bring everything to a boil, reduce the heat to low, stir, and cover the pot with a lid. Cook for 15 minutes. Turn off the heat and let it rest for 5-7 minutes.
4. Garnish with fresh parsley and serve. Enjoy!

Notes

Add-ins and Substitutes

- **Substitute kimchi for the cabbage.** If you like this spicy, fermented Korean cabbage, then you can sub it in for the regular cabbage. The texture will be about the same, but there will be a tangy, spicy flavor.
- **Use other vegetables.** You can add other veggies to this Vegan Cabbage and Rice, such as chopped zucchini, bok choy, garlic, cauliflower, eggplant, broccoli, or water chestnuts.

- **Substitute a different grain.** Besides rice, you can also make this with quinoa, couscous, bulgur, sorghum, millet, or noodles.

How to Store

Store any leftover Vegan Cabbage and Rice in an airtight container in the refrigerator for **up to 5 days**. To reheat it, just warm it on the stovetop or microwave it until heated through.

Nutrition

Calories: 310kcal | Carbohydrates: 55g | Protein: 6g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Sodium: 1010mg | Potassium: 579mg | Fiber: 6g | Sugar: 9g | Vitamin A: 6053IU | Vitamin C: 60mg | Calcium: 109mg | Iron: 2mg