

Vegetarian Cabbage

Vata pacifying

1 head cabbage OR 2 bunches kale, thinly sliced and chopped

2 Tablespoons olive oil

2 garlic cloves minced

2-3 carrots, thinly sliced

½ pound mushrooms sliced

1 small onion chopped, or 3 scallions chopped

4-6 cups cooked brown rice or any blend of rice

½ - 1 cup chopped walnuts

1 Tablespoon caraway seeds

2-3 cups tomato sauce

2 chopped tomatoes

Optional: 8 oz. cubed Tofu

Braggs Amino Acids to taste

Pinch of thyme, basil, and oregano

1. Using a large skillet heat olive oil and sauté onions, garlic, mushrooms and carrots until soft.
2. Add cabbage sautéing until soft.
3. Add remaining ingredients—rice, walnuts, caraway seeds and tomato.
4. Season with Braggs, thyme, basil, and oregano.

Best served warm or at room temp...

