Home > Vegetarian Sweet Cabbage and Basmati Rice

Vegetarian Sweet Cabbage and Basmati Rice

Makes:

6 servings

Utensil:

Saladmaster Food Processor
10" Electric Oil Core Skillet

Rate Recipe: ★★☆☆☆

Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide
Write a Review

- 1 small onion, processed, use Cone #3
- 2 garlic cloves, shredded, use Cone #1
- ½ teaspoon caraway seeds (2.5 mL)
- ⅔ cup brown basmati rice (125 g)
- 1 bay leaf
- 12 ounces vegetarian (vegan) ground round or crumbles (340 g)
- 1 tablespoon fresh dill (3 g)
- ½ teaspoon dried thyme (2.5 mL)
- 1.4 ounces onion soup mix (40 g)
- 1 tablespoon simulated (meatless) bacon bits (7 g)
- 10 ounces tomato soup (300 mL)
- 2 cups water

(475
mL)
    1 pound
coleslaw mix
(454
g)
    3 tablespoons
fresh parsely, chopped, optional
(11
g)
    4-6 tablespoons
sour cream, dairy-free, optional
(48-72
g)

Directions:

1. Preheat electric skillet to 325°F/165°C.
2. Add onions, garlic and caraway seeds. Sauté 3 - 4 minutes or until onions become transparent.
3. Add rice, bay leaf, vegetarian ground round, fresh dill, thyme, onion soup mix and bacon bits. Mix well as you continue to sauté for a couple of minutes.
4. Add tomato soup and water, bring to a simmer.
5. Add coleslaw mix and continue to fold through, making sure the rice is well distributed. Cover and cook.
6. When Vapo-Valve™ clicks, reduce temperature to 175°F/80°C. Cook 30 - 35 mintues or until rice is tender yet slightly under cooked.
7. Serve in individual casserole dishes and garnish each serving with fresh parsley and 1 tablespoon of dairy-free sour cream, if desired.

Tips:

- Try adding unsalted peanuts, sunflower seeds and water chestnuts.
- For serving, wrap mixture in lettuce leaves to create lettuce wraps.

Nutritional Information per
Serving

Calories: 283
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 6mg
Sodium: 1095mg
**Total
Carbs:** 45g
Dietary Fiber: 6g
Sugar: 5g
Protein: 15g