

Easy Cabbage and Carrots - A Flavorful Plant-Based Powerhouse

Cabbage with Carrots Tastes Better Than Meat (And It's Shockingly Satisfying)



TIME
30 min

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INGREDIENTS

- 1 medium head cabbage, thinly sliced
- 3 large carrots, peeled and julienned
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Salt and black pepper, to taste
- ½ teaspoon red pepper flakes (optional)
- 2 tablespoons soy sauce
- Fresh parsley or dill, chopped, for garnish

DIRECTIONS

- 1.** Prep the Veggies: Thinly slice the cabbage. Julienne the carrots. Chop the onion and mince the garlic.
- 2.** Sauté Aromatics: Heat olive oil in a large skillet over medium heat. Add chopped onion and sauté for 3-4 minutes until translucent. Stir in minced garlic and cook for another minute.
- 3.** Add the Vegetables: Toss in sliced cabbage and carrots. Stir to combine with onions and garlic. Sprinkle with cumin, paprika, salt, pepper, and red pepper flakes if using.
- 4.** Cook Until Tender: Cook over medium heat, stirring occasionally, for about 10-12 minutes, until the cabbage is softened and the carrots are tender but still crisp.
- 5.** Add Soy Sauce & Finish: Pour in soy sauce and stir well to coat. Cook for another 2-3 minutes to let flavors meld.
- 6.** Garnish & Serve: Remove from heat and transfer to a serving platter. Garnish with fresh chopped parsley or dill.

SWAPS & NOTES

& Substitutions Red cabbage can be used for added color.
Carrots : Use rainbow carrots for a colorful twist.

Oil : Swap olive oil with avocado or sunflower oil.
Soy sauce : Use tamari for gluten-free version.

TIPS FOR SUCCESS

Slice evenly for consistent cooking.

Don't overcook - the goal is tender but not mushy.

Double the batch - it tastes even better the next day.

Add a splash of vinegar if you like a tangy kick. ?

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