

Lazy Vegan Cabbage Rolls with Mung Beans

Ingredients

- 1 cup jasmine rice
- 1 cup split mung beans
- ½ a head of cabbage
- 1 small onion
- 1 cup of kalamata olives (optional but recommended)
- 1 tsp. chili flakes
- ½ tsp. thyme
- 1 tsp. basil
- ¼ tsp. oregano
- Salt and pepper, to taste
- 25 oz. jar of tomato sauce, or your favorite homemade variety

Steps

1. In a medium-sized pot, rinse your rice a couple times (using new water each time) before combining it with the mung beans and three cups of water. Cover and bring to a boil, reducing it to a simmer until all the water has been absorbed (about 20 minutes).
2. In the meantime, put a kettle of water on to boil. Thinly slice the cabbage, dice the onion and chop olives into small slices. Place the cabbage in a large metal mixing bowl, and pour the boiling water over it. Stir the cabbage around for 3-4 minutes, until the cabbage is a vibrant green and slightly softer, then drain the water from the cabbage. Taking small handfuls in your hands, squeeze hard to remove as much liquid as possible. Add the onion, olive, spices and rice and mung beans (once they've been cooked) and mix well. If you allow the mixture to cool slightly, you can use your hands to mix (they're the best tool for the job). Add salt and pepper to taste.
3. Preheat the oven to 375°F (190°C). In a large glass baking dish, pour a small amount of the tomato sauce into the bottom, and spread to cover. Next take a handful of the cabbage mixture (around ¾ of a cup) and use your hands to form the mixture into a spherical or egg-shaped round, and place it in the pan. Continue until you have used all the cabbage and rice mixture (you should have around 12 balls total). Pour the remaining sauce over the cabbage spheres and put in the oven for around 30 minutes, until the sauce is bubbling slightly. Remove and serve hot.

