

Vegan Stuffed Cabbage (Okara Recipe)

Ingredients

- 1 cup dried rice
- 1 large cabbage
- 2 cups okara (soy pulp)
- 4 oz. button mushrooms
- ½ medium-sized onion
- 3 cloves garlic
- 2 tbsp. tomato paste
- 2 tbsp. soy sauce
- 1 tbsp. nutritional yeast
- 1 tsp. smoked paprika
- 1 tsp. Italian spice blend (or any favorite spice blend)
- 2 tbsp. olive oil
- Salt and pepper, to taste
- 12 ounce jarred tomato sauce

Steps

1. Make the rice according to the package, and set aside. Preheat the oven to 350°F (175°C).
2. To prepare the cabbage leaves, cut the core out of the center and place in a large pot of boiling water. Boil for 5 minutes, and then carefully remove the cabbage from the water. Wait until cool, and then peel away the leaves keeping them whole. When the leaves become hard to remove, place the cabbage back into the boiling water for a couple minutes. Remove, peel away the leaves, and repeat as many times as needed until all the large leaves have been peeled away. One by one, place the leaves flat on a cutting board and use a paring knife to slice off the center rib so it is flat and flush with the rest of the leaf.
3. Finely chop or grate the mushrooms, dice the onion, and mince the garlic. Combine all the vegetables in a large bowl, along with the cooked rice, okara, tomato paste, soy sauce, nutritional yeast, spices, and olive oil. Mix well.
4. Grab a 9x13 inch casserole dish, and pour a couple tablespoons of sauce on the bottom so it's completely covered. Lay a cabbage leaf on your clean work surface, and add ¼-1/3 of a cup of filling to the center. Fold the sides in over the filling, and roll it up to close the roll. Place in the prepared casserole dish seam side down, and



continue until you run out of cabbage, filling, or pan space.

5. Cover the rolls with the remaining tomato sauce, and tightly cover the pan with aluminum foil. Place in the preheated oven for about an hour and a half, until the cabbage has softened and the sauce is bubbling. Serve hot.