

Spanish Vegetable Paella

Paella is a traditional Spanish dish that brings rice, vegetables, and mouthwatering flavors to the table. It's a simple family-style meal that's served right from the pot. When our daughter traveled to Spain and came home raving about paella, I decided to create a whole food, plant-based, oil-free version that we all could enjoy. The flavors begin with beautiful saffron-infused rice and an assortment of herbs and spices that are sure to warm your belly.

Prep time: 30 minutes | Cook time: 1 hour 15 minutes | Yield: 6 servings

Ingredients

- ▶ 3 cups low-sodium vegetable broth
- ▶ 1 ½ cups short-grain brown rice
- ▶ Pinch of saffron threads or 1 teaspoon ground turmeric
- ▶ 1 red onion, medium diced
- ▶ 5 garlic cloves, chopped
- ▶ 1 red bell pepper, seeded and sliced
- ▶ 2 carrots, shredded
- ▶ 8-10 ounces mushrooms (any type), sliced
- ▶ 1 cup green beans, cut into 2-inch pieces
- ▶ 2 teaspoons chopped fresh rosemary or ½ teaspoon dried rosemary
- ▶ 1 teaspoon chopped fresh thyme or ½ teaspoon dried thyme
- ▶ 1 teaspoon smoked paprika
- ▶ 1 teaspoon salt
- ▶ ½ teaspoon black pepper
- ▶ ½ teaspoon red pepper flakes
- ▶ 1 (15-ounce) can diced fire roasted tomatoes
- ▶ ¾ cup dry red wine
- ▶ 1 tablespoon vegan Worcestershire sauce
- ▶ 1 tablespoon low-sodium tamari or soy sauce
- ▶ 1 cup (thawed) frozen peas
- ▶ ½ cup sliced kalamata olives
- ▶ 1 (14-ounce) can artichokes, drained and rinsed
- ▶ 1 lemon, cut into wedges
- ▶ ¼ cup fresh flat-leaf parsley (optional)



Directions

1. In a medium saucepan, combine the broth, rice, and saffron threads or turmeric and bring to a boil. Reduce the heat to low, cover, and allow the rice to simmer for 45 minutes or until tender.
2. In a large skillet, sauté the onion in a small amount of water over medium-high heat until tender. Add the garlic, bell pepper, carrots, mushrooms, green beans, rosemary, thyme, smoked paprika, salt, black pepper, and red pepper flakes and continue to cook for 10-12 minutes or until the vegetables are tender.
3. Add the tomatoes with their juices, wine, Worcestershire sauce, and tamari or soy sauce. Turn the heat down to medium and cook for 10-12 minutes.
4. Add the cooked brown rice to the skillet, turn the heat down to low and cook for 10 minutes. Turn off the heat.
5. Top the paella with the peas, olives, and artichokes and allow the pan to sit for 10 minutes. Serve warm.
Topped with lemon wedges and parsley (if using).

Tips & Hints

- ▶ To speed things up, feel free to cook the rice in an Instant Pot. Use only 2 cups vegetable broth and cook on high pressure for 20 minutes with a quick release.
 - ▶ For a true on-pot Paella, use parboiled rice so you can cook it directly in the pot with the rest of the ingredients. Simply add 1 ½ cups parboiled brown rice, the saffron or turmeric, and 3 cups vegetable broth to the pan along with the other ingredients in step
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