

Roasted Veggie Paella

Serves 8-10

INGREDIENTS

3-5 cups (or more) of fresh vegetables (eg. onion, red bell pepper, sweet potato, green beans, eggplant, zucchini, cauliflower, Brussel sprouts)

2 tbsp olive oil

2 cloves garlic, chopped

8 oz (1 package) seitan, tempe or other vegan protein

3 large green olives

1 cup brown rice (short grain works best)

1 32-oz box of vegetable broth

1 splash of white wine

Salt and pepper to taste

DIRECTIONS

Chop raw vegetables and roast them. (This chart gives optimal roasting time and temperatures.)

Meanwhile, sauté garlic in the olive oil. As it begins to soften but before it browns, add seitan or other protein and allow to brown. Stir in uncooked rice and allow the grains to become coated with oil. Cook for a few minutes. Add a splash of white wine and stir until mostly evaporated.

Pour in about half of the vegetable broth. Stir in salt and pepper. Allow to simmer until most of the liquid has evaporated or been absorbed by the rice (15-30 minutes). Stir in the grilled vegetables, careful not to disturb the bottom layer of rice.

Add more liquid (broth or water) ½ cup at a time as needed until rice is soft, but still al dente. Continue simmering until all of the liquid has been absorbed. Stir to combine veggies and rice. Adjust seasoning to taste.

TIPS

I used green olives stuffed with jalapeno that gave the dish a nice bit of extra flavor. Try that or olives stuffed with pimento or other spicy tidbit.

The sky is the limit as far as vegetable combinations. The onion gives nice flavor and the red bell pepper gives great color. The sweet potato makes the paella a bit heartier.

Recipe adapted from One Green Planet