

Spiced Cabbage Stir-fry with Rice

You will need:

- 1/2 head Cabbage, thinly chopped
- 1 cup Broccoli, chopped
- 1 cup Carrot, shredded
- 1 Bell pepper , chopped
- 2 tablespoon Avocado oil
- 1 Onion
- 2 Garlic cloves, minced
- 1 tablespoon Thyme
- 1 cup low sodium vegetable broth
- 2 teaspoon Pepper
- 1/2 teaspoon of smoked paprika
- 1 teaspoon of chili powder
- 1 tablespoon of garlic powder
- 1 tablespoon onion powder
- pinch of cayenne pepper (optional)
- cooked White or brown rice
- 3 tablespoons of soy sauce



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Directions:

1. Add the avocado oil to the skillet on medium high then saute the onion, garlic and thyme until tender.
2. Season with half of the cayenne pepper, smoked paprika, chili powder, garlic powder and onion powder
3. Add the, carrots, broccoli, cabbage and bell pepper and fold into the pan
4. Add the vegetable stock to the skillet, Season with the other half of the cayenne pepper, smoked paprika, chili powder, garlic powder and onion powder
5. Cover and steam for 15 minutes.
6. Once vegetables are semi-soft, add soy sauce and choice of rice. Stir and combine until evenly distributed among all vegetables. Enjoy!