

Vegan Carbonara with Caramelized Cabbage

SERVINGS
5

PREP TIME
10 MIN

COOK TIME
30 MIN

TOTAL TIME
40 MIN

This vegan carbonara with caramelized cabbage is a twist on traditional carbonara. Sweet caramelized cabbage and a rich, smoky sauce wrap every bite of buttery pasta in pure flavor.



ORGANIZING
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Ingredients

Directions

PASTA NOTE:

Choose a chunky pasta for this recipe (like corkscrew or campanelle) so the sauce clings to every bite. Whole wheat, quinoa, chickpea, or regular semolina all work well.

1

- 8 oz Chunky Pasta
- 1 to 2 tbsp of Vegan Butter

PREPARE PASTA

- Prepare the pasta according to package directions.
- **Before draining, reserve 2 cups of pasta water.**
- Drain and toss with vegan butter to prevent sticking. **Set aside.**

2

- Olive Oil
- 2 Medium Onions
- 1 Head Green Cabbage

SEPARATELY PREPARE ONIONS & CABBAGE

- Thinly slice the onions and cabbage. Cut the cabbage into 4 thick quarters around the core, slice into thin ribbons, then cut in half.
- Heat a generous drizzle of olive oil in a large sauté pan over medium heat.
- Add the onions & sauté for about 5 minutes, until they begin to caramelize.
- Add the cabbage and mix well. Cover and cook for 5 minutes to sweat the cabbage until it begins to reduce. More caramelization will develop — don't be alarmed if some edges look deeply browned.
- Mix thoroughly, cover again, and cook for 5 more minutes.

3

- 2 tbsp Maple Syrup
- 2 tbsp Soy Sauce
- 2 tbsp Vegan Worcestershire
- 2 tbsp Olive Oil
- 2 tsp Smoked Paprika
- 2 tsp Garlic Powder

MIX & ADD THE CARBONARA SAUCE

- Whisk all sauce ingredients together until smooth.
- Add the sauce to the cabbage mixture and mix well. Cook uncovered for about 15 minutes, stirring often.
- Continue cooking until the mixture is mostly caramelized. This deep caramelization is where the signature carbonara flavor develops. As the cabbage releases liquid, it will cook off and allow the mixture to brown further.

4

- 2 tbsp Vegan Butter
- ¼ C Nutritional Yeast

BUILD THE SAUCE

- Add the additional vegan butter and nutritional yeast to the pan, along with 1 cup of the reserved pasta water. Stir until the butter melts and the liquid begins to thicken slightly.
- Fold the pasta into the cabbage mixture and toss until fully coated. Slowly add more reserved pasta water if necessary.

TO SERVE: Scoop the carbonara into individual bowls. Sprinkle generously with nutritional yeast and season with salt and pepper to taste.