

Vegan Cabbage Carbonara

SERVINGS
4-6

PREP TIME
5 MIN

COOK TIME
25 MIN

TOTAL TIME
30 MIN

This is a very unique take on Carbonara but tastes surprising close the non-plant based version. The rich bacon flavor paired with the v-buttery noodle will satiate every taste bud.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

PASTA NOTE:

Choose a chunky pasta for this recipe (like corkscrew) so that all the carbonara sticks to the pasta. You can try a whole wheat, quinoa, or chickpea pasta or stay with the comfort of regular semolina white.

BACON SEASONING NOTE:

We recommend "[Deliciou Bacon Flavored Seasoning](#)" found in some stores & online. However, if you can't find it, we added a homemade option, too.

2

- 8 oz Chunky Pasta
- 2 T v-Butter

- Prepare pasta according to package.
- After drained, mix with v-butter and set aside.

3

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

SEPARATELY

- Heat oil in large sauté pan over medium heat.
- Thinly slice onions, add to pan. Mix well.
- Then chop cabbage. With the core as a guide, quarter cabbage into 4 large chunks then cut the stack remaining on the core about 3 inches up from the bottom and then toss the core. Cut the quarters into thin strips and then halve those thin strips. Add to pan and mix well.
- Cover pan and and cook for 5 minutes, stirring occasionally.

4

- Powdered Vegan Bacon Seasoning "Deliciou" or Similar
- Salt

OR HOMEMADE BACON FLAVOR

- 1 T Maple Syrup
- 1 T Soy Sauce
- 1 T v-Worcestershire
- 1 T Vegetable oil
- 2 tsp Any BBQ Type Seasoning

- Add a few generous sprinkles of the vegan bacon seasoning to taste - **start slow and add more as it cooks down.** *If using the the homemade bacon flavor, whisk together and pour on top.*
- Cover and cook another 5 min, stirring occasionally.
- Taste test the mixture now and again several times as it is cooking down, add more seasoning and salt as desired but don't overdo it, better to go slow.
- Cook down to mostly caramelized. *This caramelization is where the real carbonara flavor develops.* Cook about 15 minutes on medium, stirring often.
 - ✧ As the cabbage cooks down it will release a little liquid and the liquid will cook off. Watch the pan, stir it regularly and increase or decrease the heat as needed. There is no exact right way to cook this, just go with your gut and the way the food looks.

SERVE WITH

- Nutritional Yeast
- Salt to taste

- Add pasta to bowls and top with carbonara mixture.
- Sprinkle with a generous portion of nutritional yeast and add salt to taste.