

Vegetable Rice Medley

A hearty and colorful dish combining cabbage, rice, carrots, tomatoes, and potatoes, delivering a delightful blend of flavors and textures. This simple yet satisfying meal is perfect for a nourishing solo lunch or dinner.


30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup rice
- 1/4 small cabbage, chopped
- 1 medium carrot, grated
- 1 medium tomato, diced
- 1 small potato, diced
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika
- 1 cup vegetable broth or water

Steps

- 1 Rinse the rice under cold water and drain.
- 2 In a saucepan, heat the olive oil over medium heat.
- 3 Add the diced potatoes and sauté for about 5 minutes until they start to soften.
- 4 Stir in the grated carrot and chopped cabbage, cooking for another 3-4 minutes.
- 5 Add the diced tomato, rice, salt, pepper, and paprika, stirring well.
- 6 Pour in the vegetable broth or water and bring to a boil.
- 7 Once boiling, reduce the heat, cover, and simmer for about 15 minutes until the rice is cooked and the liquid is absorbed.
- 8 Remove from heat and let it sit, covered, for 5 minutes before serving.