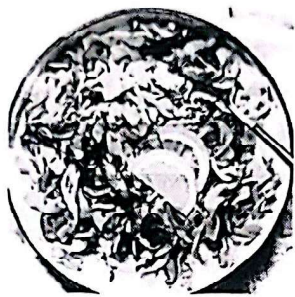


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Easy Vegan Halsuki

This easy vegan haluski recipe is a great way to prepare haluski with no bacon! It's so flavorful and filled with caramelized onions and sauteed mushrooms.

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Prep Time: 10 minutes Cook Time: 50 minutes Total Time: 1 hour Servings: 4

Calories: 538kcal

Equipment

- Wide pot
- Large pot
- Strainer or colander

Ingredients

- 2 tablespoons neutral oil divided
- 2 large vidalia onions peeled and thinly sliced
- 8 ounces cremini mushrooms trimmed and sliced
- 1 pound cabbage cored and thinly sliced
- 16 ounces egg-free wide pasta ribbons
- Salt and pepper to taste
- Lemon wedges optional, for serving

I used 1 can white beans, GF brown rice fetticini (PastiJoy),
avocado oil + Earth Balance margarine

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Caramelize the onions:

1. Heat 1 tablespoon oil in a wide pot over medium-high heat. Add the onions and cook, stirring often, for 25–30 minutes until the onions turn deep golden brown. Adjust the heat as necessary to prevent them from burning. Season with salt and pepper and transfer to a bowl.

Cook the mushrooms:

1. Add the remaining 1 tablespoon oil over medium-high heat. Add the mushrooms in an even layer and cook for 10–12 minutes, stirring regularly, until browned all over. Season with salt and pepper and transfer to the bowl of caramelized onions.

Cook the noodles:

1. Meanwhile, bring a large pot of salted water to a boil. Add the noodles and cook until al dente. Scoop out ½ cup of the cooking water and set aside. Drain and rinse and set aside.

Cook the cabbage:

1. If the pot seems dry, add another drizzle of oil. Turn the heat to medium-high and add the cabbage. Cook, stirring occasionally, for 5–8 minutes until the cabbage begins to char around the edges.

Finish the haluski:

1. Add the caramelized onions and the mushrooms to the pot of cabbage and toss to distribute everything evenly. Pour in the reserved cooking water and bring to a boil. Add the cooked noodles and toss to coat. Taste and season once more to your preferences.

To serve:

1. If you like, divide the haluski between bowls and serve with lemon wedges. Enjoy!

Nutrition

Calories: 538kcal | Carbohydrates: 90g | Protein: 19g | Fat: 12g | Sodium: 48mg | Fiber: 7g | Sugar: 7g | Vitamin C: 42mg