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Vegan Tomato-Turmeric Cabbage Stew ♦

This vegan tomato-turmeric cabbage stew is a hearty and flavorful dish that is perfect for a cozy dinner. The stew is made with fresh cabbage, tomatoes, and a blend of spices including turmeric for added health benefits. It is a nutritious and delicious option for vegans and those looking for a plant-based meal.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	cabbage
400 g	Tomatoes
2 tsp	turmeric powder
100 g	onion

3 cloves	garlic
2 c	vegetable broth
2 tbsp	olive oil
1 tsp	salt
0.5 tsp	black pepper
1 tsp	cumin powder

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add chopped onion and minced garlic. Cook until onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add turmeric powder, cumin powder, salt, and black pepper to the pot. Stir well to coat the onions and garlic with the spices.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Add chopped cabbage and diced tomatoes to the pot. Stir to combine with the spices and onion mixture.

Prep Time: 3 mins

Cook Time: 5 mins

Step 4

Stove

Pour vegetable broth into the pot. Bring the mixture to a boil, then reduce heat and simmer for 15-20 minutes, or until the cabbage is tender.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Taste and adjust seasoning if needed. Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	7 g	18.42%	28%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic Game Day

Cuisines

Italian French Mediterranean American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Sugar-Free
High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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