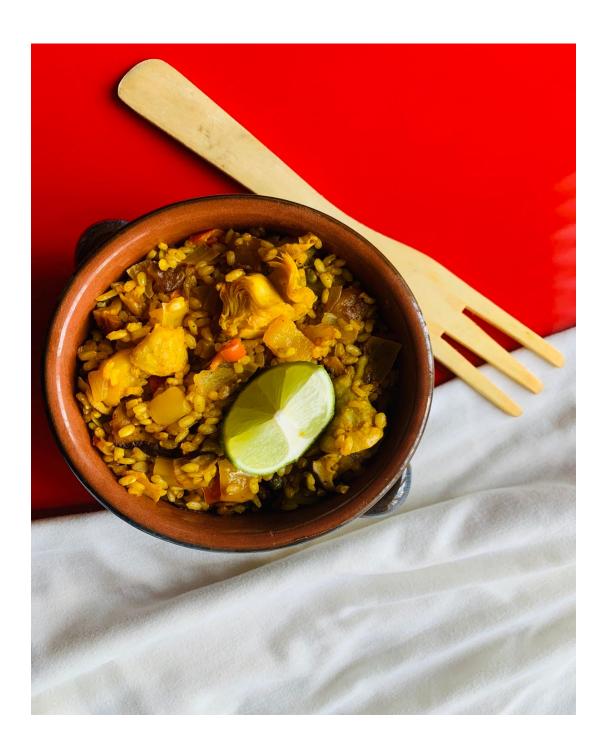# Spanish Vegan Paella

Serves: 4 people

Ready in: 55 minutes

Ingredients

- 6 cups vegetable stock

- 2 cups white wine such as Chardonnay

- 16 oz Spanish Rice may be called Yellow Rice or Saffron Rice

- olive oil

- salt

- black pepper

- 1 red bell pepper seeded and chopped

- 1 yellow onion peeled and chopped

- 8 oz shiitake mushrooms washed and chopped

- 14 oz artichoke hearts canned, quartered

- 1/4 cup piquillo peppers chopped

- 2 cloves garlic peeled and minced

- 2 tbsp capers

- 1 pinch saffron threads

- 1/2 tsp cayenne pepper

- 1 tsp smoked paprika

- 1 lime cut into wedges

Preparation

1. Preheat oven to 375 degrees.

2. In a large stock pot, combine 4 cups of vegetable stock and 2 cups of white wine.
   Bring to a boil, and add rice. Cover and simmer for 15 minutes.

3. In a paella pan (or deep oven-safe frying pan), heat a drizzle of olive oil over medium heat.

4. Add bell peppers and onions, and cook for 5 minutes.

5. Add shiitake mushrooms, and cook for 3 more minutes.

6. Add artichoke hearts, piquillo peppers, garlic, capers, saffron, paprika, and cayenne pepper. Stir and cook for 2 more minutes.

7. Add rice into paella pan. Season with salt and pepper to taste, and stir to combine.

8. Bake in the oven for 30 minutes. Check on the paella every 10 minutes, adding a bit of the remaining vegetable stock each time so that the paella stays juicy.

9. Remove from oven. Serve with lime wedges.

Nutrition

Calories: 275kcal | Carbohydrates: 23g | Protein: 3g | Fat: 9g | Saturated Fat: 1g | Sodium: 1920mg | Potassium: 388mg | Fiber: 5g | Sugar: 9g | Vitamin A: 60.3% | Vitamin C: 80.3% | Calcium: 4.5% | Iron: 9.6%

~Misha Botyaroff

"Self Care is the New Health Care"