



Makes 8 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

4 cups low-sodium vegetable broth

½ teaspoon saffron threads

1 tablespoon extra-virgin olive oil (optional, [learn more](#))

8 oz. fresh button mushrooms, trimmed and quartered

1 red or orange bell pepper, cut into strips

½ cup sliced pimiento-stuffed green olives

1 teaspoon smoked paprika

⅓ teaspoon sea salt

2 cups dry short-grain brown rice

1 15-oz. can no-salt-added tomato sauce

1½ cups frozen green peas, thawed

1 cup frozen quartered artichoke hearts, thawed

Lemon wedges

Easy Vegan Paella

This mouthwatering vegan paella has **comfort food** written all over it and is perfect for when you're craving something substantial and saucy. Whole grain rice simmered low and slow in a brothy, saffron-scented tomato sauce takes on a rich, smoky flavor. Sweet red (or orange) bell pepper, briny pimiento-stuffed green olives, and umami-rich mushrooms lend an earthy depth. Frozen **artichoke hearts** and sweet garden peas, added toward the end, make this classic Spanish-inspired meal one to remember.

Tips

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 30 calories, 3 g total fat, and 1 g saturated fat per serving.

Gluten-free: This dish can be made gluten-free if you choose pimiento-stuffed green olives that are gluten-free.

For more inspiration, check out these tasty ideas:

- [Burritos with Spanish Rice and Black Beans](#)
- [Spanish-Style Fava Beans](#)
- [Instant Pot Spanish Quinoa](#)
- [Lots-of-Vegetables Risotto](#)

By Ellen Boeke

- 1 In a medium saucepan bring broth to boiling; reduce heat. Stir in saffron. Keep broth warm over low.
- 2 For oil-free: In an extra-large skillet cook mushrooms and bell pepper over medium 5 minutes or until slightly softened, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. *(If using oil: In an extra-large skillet heat oil over medium, then add mushrooms and bell pepper. Cook 5 minutes or until slightly softened, stirring occasionally.)* Stir in olives, paprika, and salt; cook and stir 2 minutes. Add rice; cook and stir 2 minutes.
- 3 Slowly stir in hot broth. Reduce heat to medium-low. Cover and simmer 15 minutes. Remove lid and simmer uncovered, 30 to 35 minutes or until rice is tender and liquid is absorbed. Stir in tomato sauce, peas and artichoke hearts. Cook and stir 2 to 3 minutes more or until heated through and well combined. Serve with lemon wedges.