

## Vegan Spring Rolls

### Ingredients

2 cups	brown rice
1 cup	broccoli
1 cup	cabbage/carrot mix
~3/4 cup	tamari/soy sauce
12-16 pieces	rice paper

### Preparation

- Fully cook the brown rice (a rice cooker works best).
- Steam or boil broccoli and cabbage separately in water/tamari mixture. If boiled, drain excess water.
- Mix half the rice with broccoli, and mix the other half with cabbage/carrot mix.
- Add tamari to taste.
- Preheat a non-stick pan to medium heat.
- Place a piece of rice paper into warm water for about 5 seconds.
- Fill with rice/veggie mixture, and roll.
- Place into pan and cook on each side for about 3-4 minutes.

### Serving

Makes 12-16 spring rolls. Eat as is or with tamari or a teriyaki sauce.

### Preparation Notes

Rice paper is very sticky when wet. Before putting the rolls into the pan, and after getting them out do not allow them to touch each other or you will tear the rice paper trying to get them apart. It may be helpful to also dip the spatula in the water before flipping the rolls in the pan to prevent sticking.

### Preparation Variations

The sky is the limit on vegetables to use for this. With the rice base and tamari seasoning, a lot of things would work well in this recipe. You could make a stir fry of some kind and use that as the filling, or cube up some eggplant and add to the cabbage/carrot mixture to give a more meaty texture! Enjoy!