Our Story…

Vegtabowl Foods is a comfort food plant-based company that was established in 2012. We make frozen and prepared foods by hand and in small batches with select quality ingredients that do not contain any animal products. Good ideas can come out of bad situations. Owner's Ebony and Harry found it difficult to find easy to prepare plant-based foods that were BOTH delicious and hearty. Either the foods were very healthy, but still had the taste buds screaming for some flava'. Or, the food was delicious but was loaded with preservatives and not very healthy. So, off to the kitchen Ebony went and began creating plant-based foods that satisfy vegetarians, vegans, and meat eaters alike.

If Morocco were a meal that you could savor and enjoy, THIS is what it would taste like. Hearty chickpeas combined with fresh carrots, onions, sweet raisins and diced tomatoes that are blended with a secret mix of Moroccan inspired seasonings and spices. You don’t need a passport to get whisked away to Morocco. Just grab a spoon and get ready to explore a world wind of flavor with every bite.

Here are a few ways you and your family can enjoy Vegtabowl Foods Moroccan Mixed Vegetables:

* Served over basmati or jasmine rice (quinoa would be perfect)
* In a stuffed pepper and baked for a few minutes
* With a slice of toasted flatbread or pita bread

\*No Trans Fat\*High in Fiber\*Low Fat\*High in Protein\*Insanely Good\*

For more Moroccan Mixed Vegetable Recipe Ideas, visit Vegtabowlfoods.com

All Vegtabowl Food products are manufactured in Henrico, Virginia and are proud to be a part of the RVA community. Thank you for allowing us into your homes and giving us the chance to deliver wholesome foods at a great value.