



Vegetable Jambalaya



Recipe adapted from Good & Cheap

Ingredients



- 2 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 3 celery stalks
- 1/2 small green chili, finely chopped
- 2 large tomatoes, chopped
- 2 bay leaves
- 1 tsp paprika
- 1 tsp garlic powder
- 1/4 tsp cayenne pepper, or more to taste
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Worcestershire sauce or soy sauce
- 1 can beans, drained and rinsed
- 3/4 cup brown rice
- 3 cups water



Total cost: \$4.90 Serving cost: \$0.82

Directions



Yield: 6 servings Serving Size: 1 cup

1. Start with the oil in a large high-sided saucepan over medium-high heat. Add the onion, pepper, and celery, then cook for about 5 minutes, until the veggies become translucent but not brown.
2. Add the rest of the ingredients except for the rice and broth. Let everything cook for about 1 minute to let some of the tomato juice release.
3. Add the rice and slowly pour in the broth. Reduce the heat to medium and let the dish cook uncovered until the rice absorbs all the liquid. It should take about 50-60 minutes.

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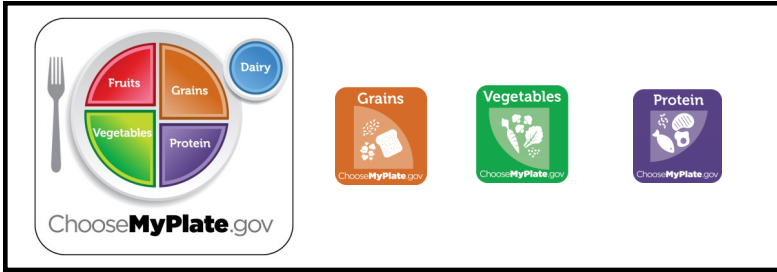
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Fast Facts



Featured Food Groups



Cooking Tips



- Decrease the sodium content by omitting the salt and using low-sodium soy sauce.
- Vary the protein source by substituting the beans for tofu, cooked shrimp, sausage (sliced and fried), or leftover meat.
- Add or substitute any vegetables you have on hand. If adding spinach or something similar, stir it in during the last 5 minutes of cooking.

Nutrition Facts

6 servings per container	
Serving size	1 Cup
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.8g	4%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	23%
Total Carbohydrate 34g	12%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.98mg	10%
Potassium 517mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

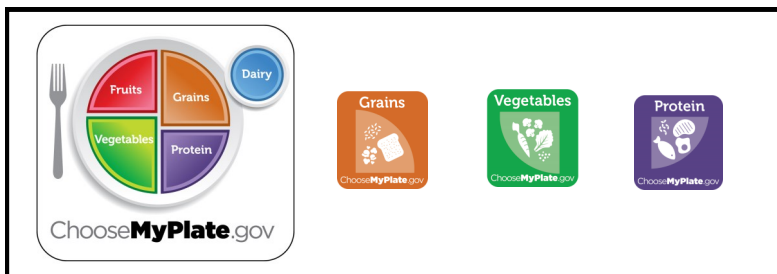
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