



Vegetable Jambalaya



Recipe from Good & Cheap

Ingredients



- 2 Tbsp. vegetable oil
 - 1 medium onion, chopped
 - 1 green bell pepper, chopped
 - 3 celery stalks
 - 3 cloves garlic, finely chopped
 - 1/2 small green chili, finely chopped
 - 2 large tomatoes, chopped
 - 2 bay leaves
 - 1 tsp paprika
 - 1 tsp garlic powder
 - 1 tsp cayenne pepper
 - 1/2 tsp dried thyme
 - 1/2 tsp dried oregano
 - 1 tsp salt
 - 1 tsp pepper
 - 1 tsp Worcestershire sauce or soy sauce
 - 3/4 cup long grain rice
 - 3 cups vegetable broth or chicken stock
- Yield: 6 servings
Serving Size: 1/2 cup



Directions



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 until the rice absorbs all the liquid. It should take about 20-25 minutes.
4. If you are using any of the protein additions, add in at about the 15 minute mark to let them warm-up.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



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Cooking Tips



- Decrease sodium content by omitting the salt, use low-sodium soy sauce and low-sodium vegetable or chicken stock
- Increase protein by adding tofu, beans, cooked shrimp, or sausage, sliced and fried, or leftover meat

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	35%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Not a significant source of vitamin D, calcium, iron, and potassium	
*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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