



# 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
- Yield: 6 servings  
Serving Size: 1 cup



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

## 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 uncovered until the rice absorbs all the liquid. It should take about 50-60 minutes.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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Serving Size: 1/2 cup



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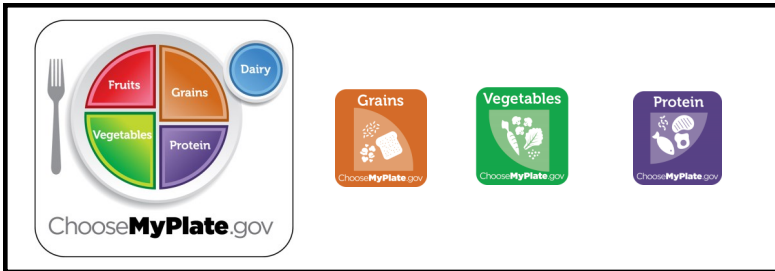
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# Fast Facts



## 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.

Second Harvest is an equal opportunity provider.

## Nutrition Facts



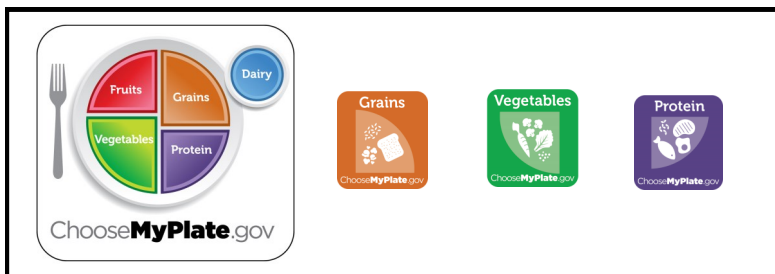
<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 Cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.8g	<b>4%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 540mg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



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