



# Vegan Jambalaya

Servings 6-8

Prep 10 min

Cook 6 hr

## Ingredients

- 1 Tbsp. Olive Oil
- 1 Green Bell Pepper (diced)
- 2 Celery Stalks (diced)
- 1 medium Onion (diced)
- 2 cloves Garlic (minced)
- 1 ½ cups Tomatoes (diced)
- 4-5 cups Vegetable Broth
- 2 Tbsp. Paprika
- 2 Tbsp. Ground Cumin
- 2 tsp. Black Pepper (ground)
- 1 tsp. Dried Thyme
- 1 tsp. Dried Oregano
- 2 Tbsp. Cayenne Pepper Hot Sauce (adjust to preference)
- 2 cups Long Grain Brown Rice (dry)
- 14 oz can or 1 ¾ cups Red Kidney Beans (drained)
- 2 cups Vegan Sausage (optional)
- 2-3 Scallions (chopped)

## Directions

### Slow Cooker Method

- 1 Place oil, pepper, celery, onion, garlic, tomatoes, 4 cups of broth, paprika, cumin, black pepper, thyme, oregano and hot sauce into slow cooker set to low heat.
- 2 Cover and cook for 4-5 hours, stirring occasionally.
- 3 About 1 ½ hours before serving time, add rice and raise heat to high.
- 4 Stir, cover and cook for another hour to an hour and a half, stirring occasionally, until rice is tender and all liquid is absorbed. Add more broth if the rice becomes too dry during cooking.
- 5 Add beans and sausage. Stir and cook another 2 minutes or so, until beans and sausage are heated throughout.
- 6 Served topped with scallions.

### Stove Top Method

- 1 Coat the bottom of a large pot with oil and place over medium heat. When the oil is hot add bell pepper, celery, onion, and garlic. Sauté for 5 minutes, until veggies are softened.
- 2 Add tomatoes, 4 cups of broth, paprika, cumin, black pepper, thyme, oregano, hot sauce, and rice. Raise heat to high and bring to a boil. Lower heat, cover, and allow to simmer until the rice is cooked and liquid is absorbed, about 45 minutes. Remove from heat and allow to sit for about 5 minutes, covered.
- 3 If using vegan sausage, briefly heat it on the stove or in the microwave while the rice sits.
- 4 Remove lid, fluff rice with a fork, and stir in the beans. Serve topped with scallions.

