



Red Beans & Rice (Vegan Jambalaya)

Ingredients

$\frac{3}{4}$ tsp Olive Oil (not included)
2 $\frac{1}{2}$ Oz Yellow Onion Diced
1 $\frac{1}{2}$ Green Pepper Diced
 $\frac{1}{4}$ Oz Garlic Chopped
 $\frac{3}{4}$ tsp Vegetable Base
1 cup 2 tbl Water
5 $\frac{1}{2}$ Oz White Rice
5 Oz Red Kidney Bean
 $\frac{1}{2}$ tsp Salt (not included)
 $\frac{1}{4}$ tsp Black Pepper (not included)



1) In stockpot over medium high heat, heat oil. Add onion, green pepper and garlic. Sauté until vegetables are tender-crisp. 2 to 3 minutes. Stir in base.



2) Add, rice, salt and black pepper. Toast rice for 2 to 3 minutes.



3) Add water, beans. Bring to a boil. Stir.

4) Reduce heat and cover. Simmer until rice is tender and liquid is absorbed. 10 to 12 minutes. Remove from heat. Let stand 10 minutes then fluff with fork. Cover and set aside.



Vegan Jambalaya

Ingredients

1 Tbl Olive Oil (not included)
4 Oz Yellow Onion
½ Oz Garlic Minced
4 Oz Celery Trimmed & Diced
4 Oz Green Pepper Seeded & Diced
4 Oz Red Pepper Seeded & Diced
1 ½ Cup Canned Tomato Crushed
1 Cup Canned Tomato Diced
6 Oz Frozen Okra
½ tsp Salt (not included)
¼ tsp Dried Oregano Leaf
¼ tsp Black Pepper (not included)
1/8 tsp Cayenne Pepper
1 Dried Bay Leaf
3 Cups Red Beans & Rice



1) In sauté pan or wok over high heat, heat oil. Add onion, garlic, celery, green pepper and red pepper. Sauté until tender-crisp, 2 to 3 minutes.



3) Add oregano, Black Pepper, Cayenne Pepper, Bay Leaf and sauté for 2 to 3 minutes.



2) Add Okra and sauté for 2 to 3 minutes.



4) Add crushed and diced tomatoes. Stir mixture until simmering hot. Remove from heat.



5) In two bowls layer the following: 2 scoops of vegetable mixture and 1 scoop of Red Beans and Rice. Garnish with 1 tbl of scallion and serve.

Looking to bulk it up? Try adding Smoked Sausage, Chicken, or Shrimp!

