

Jumpin' Jambalaya Recipe



Ingredients



- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, diced
- 3 stalks celery, diced
- 4 cups vegetable broth
- 2 (14.5 ounce) cans no-salt added diced tomatoes, undrained
- 2 cups cut okra
- 1 teaspoon Italian seasoning
- 3 bay leaves
- 1/2 teaspoon paprika
- 1/4 - 1/2 teaspoons cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup whole grain brown rice
- Hot sauce, for serving, if desired



Instructions

1. Heat vegetable oil in a large pot over medium heat.
2. Add garlic and cook for 30 seconds, stirring constantly.
3. Stir in onion, bell pepper, and celery. Cook for about 6 minutes or until vegetables are just beginning to brown.
4. Stir in broth, tomatoes, okra, Italian seasoning, bay leaves, paprika, cayenne pepper, salt, and pepper.
5. Simmer for 5 minutes.
6. Stir in rice. Cover and simmer for 30 - 35 minutes or until all liquid has been absorbed by the rice.
7. Remove bay leaves before serving.
8. Serve with hot sauce, if desired.

"Jambalaya is a famous Creole rice dish that is filling and usually made with shrimp, chicken, and sausage. Our version with just vegetables still packs the same spicy heat as always. If you like even more heat, serve with your favorite hot sauce."

This recipe was generously shared with us by Leslie Conger-Davis of UGA.

