

Vegan Jambalaya

SERVINGS
6

PREP TIME
15 MIN

COOK TIME
30 MIN

TOTAL TIME
45 MIN

Indulge in the rich flavors of this Vegan Jambalaya featuring your choice of jackfruit or vegan sausage. Combining veggies, aromatic spices, beans, rice & tomatoes to perfection.



ORGANIZING
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Ingredients

Directions

1

- Drizzle of Olive Oil
- 1 Medium Onion
- 4-6 Stalks Celery
- 1 Bell Pepper
- 2 T Minced Garlic

- Heat oil in Dutch Oven or large skillet over medium heat.
- Dice onions, celery, and bell pepper and add to skillet.
- Mix in minced garlic and mix well. Cook down about 5 minutes until onions become translucent and slightly browned.
- ☼ If mixture starts to burn, turn down heat and slowly add a little broth or water to loosen bits.

2

- 1 Can Jackfruit in Brine **OR**
- 1 Package of Plant Based Sausage (like Tofurky)

- Drain and roughly chop jackfruit or chop sausage and add to skillet.

3

SPICES

- 2 tsp Italian Seasoning
- 2 tsp Salt
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Black Pepper

OPTIONAL:

- Dash Cayenne Pepper

- Add all spices to skillet and mix well.
- Cook another 2-3 minutes to release the fragrance of the spices.

4

- 1 Can Kidney Beans
- 2 Cups Vegetable Broth
- 1 Can (15 oz) Diced Tomatoes
- 1 Cup Rice

- Drain & rinse kidney beans and add to skillet.
- Add broth, diced tomatoes, & rice and mix well.
- Bring to a slight boil, reduce heat to simmer, and cover.
- Cook for 15 minutes, mix well, cover again and cook another 15 minutes.

TO SERVE:

- Salt & Pepper To Taste
- Favorite Hot Sauce

- Dish out into individual bowls.
- Add salt, pepper and hot sauce to taste.