From The Kitchen

Veggie Jambalaya

Ingredients:
- 2 tsp grapeseed oil
- 1 1/2 cups onion, diced
- 5 garlic cloves, minced
- 1 cup green bell peppers, diced
- 3/4 cup celery, chopped (2-3 stalks)
- 1 1/3 cup raw long grain rice
- 1/2 tsp oregano
- 1/4 tsp fennel seeds, crushed
- 1 tsp Cajun seasoning
- 1/4 tsp celery salt
- 14.5 oz can no-salt diced tomatoes, undrained
- 1 cup tomato sauce
- 1 1/2 cups vegetables stock
- 14.5 oz can kidney beans, rinsed and drained
- 14.5 oz can butter beans, rinsed and drained, or frozen lima beans
- 14.5 oz can corn, drained or frozen and defrosted
- Salt and pepper to taste
- 1/3 cup diced green onions/scallions

Directions:
- In a pot heat oil over medium high heat.
- Add onions into pot and cook just until onions begin to brown.
- Add garlic, peppers, and celery into pot and cook for 3-5 minutes or until vegetables are tender.
- Add rice, oregano, fennel seeds, Cajun seasoning, and celery salt into pot and stir well. Cook for 2-3 minutes, to slightly toast the rice.
- Add tomatoes, tomato sauce, stock, beans and corn into pot stir well and bring to a boil. Cover the pot, reduce the heat to low and simmer for 20-25 minutes, stirring half way through.
- Add beans and corn into pot, stir well, cook until vegetables are heated through.
- Taste and season with salt and pepper if needed, serve with chopped green onions as a garnish.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 2/8/2013

Serves 8