



# SPICY VEGAN JAMBALAYA

Serves 5

## Ingredients

3 Tbsp	Olive Oil
1 large	Yellow Onion, diced
3 cloves	Garlic, chopped
1	Green Bell Pepper, chopped
1/2 lb	Green Beans, cut into bite sized pieces
4 stalks	Celery, diced
1 Tbsp	Jalapenos, diced
4 cups	Fresh Tomatoes, diced
3 cups	Long Grain Rice
6 cups	Vegetable Stock
2 tsp	Vegan Worcestershire Sauce
3	Bay Leaves
1 tsp	Smoked Paprika
1/2 tsp	Crushed Red Pepper
1 tsp	Fennel Seeds, crushed
1 tsp	Hot Sauce (Sriracha)
To taste	Salt and Pepper
1 1/2 cups	Parsley, chopped, plus extra for garnish

## Equipment:

- Chef's knife
- Large sauté pan with lid

## Directions

1. Heat oil in a large sauté pan. Add onion, garlic, celery, green beans, bell pepper and jalapeño and sauté until onions are translucent, about 3-4 minutes.
2. Add tomatoes and cook an additional 2 minutes.
3. Add rice, vegetable stock, Worcestershire sauce, bay leaves, paprika, fennel seeds, chili flakes, hot sauce, salt, and pepper to pan and stir to combine. Cover and bring mixture to a simmer. Let it cook for 20-25 minutes, until the rice has absorbed all the liquid and cooked through.
4. Stir in fresh parsley and serve immediately. Garnish with extra parsley.