One-Pot Vegetable Jambalaya Recipe



SERVES
4 to 6

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 medium green bell pepper, stemmed, seeded, and chopped
- 3 stalks celery, chopped
- 3 cloves garlic, finely chopped
- 1/2 small green chile, like a jalapeño, finely chopped
- 2 large tomatoes, chopped
- 2 bay leaves
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/8 to 1/4 teaspoon cayenne pepper (optional)
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 teaspoon Worcestershire sauce, tamari, or soy sauce
- 3/4 cup long-grain white rice
- 3 cups low-sodium vegetable or chicken broth
- Salt and pepper, to taste

Optional additions:

- Slices of fried sausage
- Shrimp
- Cooked meat, tofu, or beans

INSTRUCTIONS

1. Place a large, heavy-bottomed pot over medium-high heat and add 2 tablespoons vegetable oil. After it gets hot, add 1 chopped onion, 1 chopped green bell pepper, and 3 stalks chopped celery and cook for about 5 minutes, until they become translucent but not brown.
2. Add the 3 cloves finely chopped garlic, 1/2 small green chile (like a jalapeño), 2 large chopped tomatoes, 2 bay leaves, 1 teaspoon paprika, 1 teaspoon garlic powder, 1/8 to 1/4 teaspoon cayenne pepper (if using), 1/2 teaspoon dried thyme, 1/2 teaspoon dried oregano, salt, pepper, and 1 teaspoon Worcestershire sauce, tamari, or soy sauce. Let everything cook until some of the tomato juice releases, about 1 minute.
3. Add 3/4 cup long-grain rice and slowly pour in 3 cups low-sodium vegetable or chicken broth. Lower the heat to medium and let the dish cook until the rice absorbs all the liquid, 20 to 25 minutes. If you're using any of the additions, throw them in to cook with the rice after 15 minutes have passed.
4. Taste and adjust the salt, and pepper, and any other spices.