

## simple vegan jambalaya

★★★★★ 20 reviews

prep time: 10 minutes

cook time: 30 minutes

total time: 40 minutes

yield: 6-8

This simple vegan jambalaya is a super tasty, satisfying and nutritious dish. It's a delicious dinner recipe, which is also low in fat.

### ingredients

1 Tbsp olive oil

1/2 onion, we used red onion

2 cloves of garlic

1/2 red bell pepper

1/2 green bell pepper

1 carrot

1 14-ounce can chopped tomatoes (400 g)

2 Tbsp tamari or soy sauce

2 tsp dried oregano

1 tsp each of dried thyme, garlic powder, onion powder, cumin powder & paprika

1/8 tsp ground black pepper

1/8 tsp cayenne powder

1 cup uncooked rice (200 g), we used short grain white rice

3 cups water or vegetable broth (750 ml)

2 Tbsp tahini (optional)

1 cup canned or cooked chickpeas (180 g)

1 cup canned or cooked kidney beans (180 g)

Chopped fresh parsley for garnish (optional)

### instructions

1. Heat the oil in a skillet or large pot and add the chopped veggies and cook over medium-high heat for 5 minutes. Add more water if needed.
2. Add the chopped tomatoes and cook another 5 minutes.
3. Add the tamari or soy sauce and the spices and stir. Then add the rice and the water or broth and bring to a boil. Cook over medium-high heat for 15 minutes or until the rice is cooked.
4. Add the tahini (optional), chickpeas and beans, stir and cook 1 to 2 minutes more.
5. Serve with some chopped fresh parsley on top (optional).
6. Keep the vegan jambalaya in the fridge in a sealed container for 4 to 5 days.

### notes

Use any veggies, spices or legumes you like.

Feel free to use fresh tomatoes instead of the chopped canned tomatoes.

Add salt instead of the tamari or soy sauce if you want.

The classic recipe is made with long grain rice, but we used what we had on hand.

### nutrition

find it online: <https://simpleveganblog.com/simple-vegan-jambalaya/>

serving size: 1/8 of the recipe calories: 305 sugar: 4.8 g sodium: 273 mg fat: 4.1 g

saturated fat: 0.5 g carbohydrates: 53.9 g fiber: 9.5 g protein: 13.8 g