

Louisiana HARVEST of the MONTH

Mushroom Jambalaya

Home Recipe

Serves: 8
Prep Time: 20 minutes
Cook Time: 1 Hour 15 Minutes

Ingredients

- 1½ pound mushrooms, cut into ¼ inch slices. (about 4 cups)
- 2 Tbsp olive oil
- 1 cup diced onions
- 2 garlic cloves, minced
- 3 celery stalks, diced
- 1 medium green bell pepper, diced
- ¼ tsp black pepper
- ½ tsp paprika

For the rice:

- 1 tsp dry thyme
- 1 ½ cups brown rice
- ¼ tsp salt
- 3 cups low sodium chicken broth

Cooking Instructions

- 1) Preheat the oven to 425 °F. Spread the mushroom slices evenly on a baking sheet. Drizzle with about 1 Tablespoon of olive oil. Sprinkle with black pepper and paprika. Toss the sliced mushrooms with your hands or a spatula.
- 2) Roast the mushrooms in the oven for 15 minutes or until mushrooms have browned and are tender.
- 3) While the mushrooms are roasting, in the other Tablespoon of oil, sauté the onion, garlic, celery, and bell pepper.
- 4) Once the mushrooms are done, place them in an 8x8 baking dish. Add the sautéed vegetables. Spread the rice over the mixture.
- 5) Decrease the oven temperature to 375 °F.
- 6) Bring the chicken broth and thyme to a boil. Once the broth boils, pour it over the rice and vegetables, stir to combine, and cover the dish tightly with aluminum foil. Bake on the middle rack of the oven for about 50 minutes to 1 hour. Remove from the oven, allow to sit for about 10 minutes and serve.

Nutrients Per 1 ½ Cup Serving

• Calories	190
• Total Fat	7 g
• Saturated Fat	1 g
• Cholesterol	5 mg
• Sodium	230 mg
• Carbohydrates	28 g
• Dietary Fiber	4 g
• Protein	7 g
• Calcium	29 mg
• Iron	2 mg
• Potassium	727 mg
• Vitamin D	1 mcg



For More Information

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