Louisiana Harvest of the Month

Creole-Style Vegetarian Jambalaya

Home Recipe

Serves: 12
Prep Time: 30 minutes
Cook Time: 1 Hour 25 Minutes

Ingredients

- 1/2 cup olive oil
- 2 cups yellow onions, ½ inch small dice
- 1 cup red onion, ½ inch small dice
- 1 cup bell pepper, ½ inch small dice
- 1 cup celery, ½ inch small dice
- 2 cups eggplant, small, ½ inch diced, skin on (one eggplant)
- 1 cup yellow squash, diced (one squash)
- 1 cup zucchini, diced (one zucchini)
- 1 Tbsp garlic, minced (one large clove)
- 2 Tbsp shallots, chopped (one shallot)
- 3 cups fresh tomatoes, ½ inch chopped (Roma work best)
- 1 cup tomato paste
- 3 tsp Better than Bouillon vegetable stock concentrate
- 1 tsp black pepper
- 1 tsp creole seasoning, to taste
- ½ tsp dried thyme
- 3 bay leaves
- 3 cups Louisiana long grain rice
- 4 ½ cups of water

Cooking Instructions

1) Heat the oil in the crock pot or Instant Pot on the sauté setting.
2) Add the onions, shallots, celery, bell peppers, and garlic, and sauté until tender, about 5 minutes.
3) Stir in the tomato paste and stock concentrate. Allow it to cook down and brown for about 7 minutes.
4) Add the eggplant, squash, zucchini, and sauté until they're tender, about 5 minutes.
5) Add the tomatoes. Season with Creole seasoning. Add the bay leaves.
6) Add the rice and stir for 2 to 3 minutes.
7) Add the water, stir, and combine thoroughly.
8) Cook for 25 minutes, or until the rice is done. Then, allow to rest for 8 minutes until the liquid has been absorbed before removing the lid.
9) Serve it up and enjoy!

Nutrients Per Serving

Calories	310	**Total Sugars**	7 g
Total Fat	10 g	**Protein**	6 g
Saturated Fat	1.5 g	**Calcium**	56 mg
Cholesterol	0 mg	**Iron**	3 mg
Sodium	185 mg	**Potassium**	569 mg
Carbohydrates	50 g	**Vitamin D**	1 mcg
Dietary Fiber	3 g		

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louisianafarmtoschool@agcenter.lsu.edu
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