

Red Bean Jambalaya

Serves 6



Ingredients:

- 1 Tablespoons canola oil
- 1 medium onion, diced small
- 1 green bell pepper, diced small
- 3 celery stalks, diced small
- 2 medium carrots, diced small
- 1 cup green beans, cut into 1-inch pieces
- 3 cloves garlic, minced
- 2 large tomatoes, diced
- 2 bay leaves
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½teaspoon cayenne pepper, plus more to taste
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 cup long-grain rice
- (1) 15.5-ounce can low-sodium kidney beans, drained and rinsed
- (1) 32-ounce container low-sodium vegetable or chicken broth

Instructions:

1. Place a large, high-sided saucepan over medium-high heat and add oil. Add the onion, pepper, celery, carrot, and green beans, and cook for about 5 minutes or until the onion is translucent, but not brown.
2. Add garlic and cook for one minute. Add tomatoes, bay leaf, paprika, garlic powder, cayenne, thyme, oregano, salt, and pepper. Cook for about 1 minute to let some of the tomato juice release.
3. Add the rice and kidney beans and slowly pour in the broth, stirring as you add the liquid. Reduce the heat to medium and let the dish cook, covered until the rice absorbs all the liquid. It should take about 20 to 25 minutes.
4. Remove bay leaves, serve warm and enjoy!

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Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	271.2	
	% Daily Value*	
Total Fat	3.6 g	5 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	321.1 mg	14 %
Total Carbohydrate	51.3 g	19 %
Dietary Fiber	7.6 g	27 %
Total Sugars	8 g	
Added Sugars	0.3 g	1 %
Protein	9.8 g	
Vitamin D	0 mcg	0 %
Calcium	94 mg	7 %
Iron	3.2 mg	18 %
Potassium	615.4 mg	13 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		</>