



## Vegan Jambalaya

### Ingredients

- One 9" x 13" aluminum pan
- 2 T olive oil
- 12 oz. vegan sausage (such as Field Roast brand), sliced
- 1 large onion, chopped
- 2 green peppers, chopped
- 2 red peppers, chopped
- 4 celery ribs, chopped
- 2 large carrots, chopped
- 4 cloves garlic, chopped
- 2 cans of 28 oz crushed tomatoes
- 15oz can of chickpeas, drained
- 3 cups vegetable broth
- 1 T soy sauce
- 1 T smoked paprika
- 2 t chili powder
- 1 t dried thyme
- 1.5 cups rice
- Garnish: 1 bunch scallions and 1 bunch flat leaf parsley

### Instructions

1. Heat oil in a large saucepan over medium heat.
2. Add sausage and cook until it starts to brown, about 3 to 5 minutes.
3. Add onions, peppers, celery, carrot and garlic and cook until they begin to soften.
4. Add tomatoes, chickpeas and broth and bring to low boil.
5. Stir in rice, soy sauce and spices. Reduce heat and simmer for time specified on the rice package, stirring occasionally. Cook until rice has absorbed liquid and is cooked.
6. Once cooled, pour into an aluminum pan and cover.