“Sausage” Jambalaya

Grocery List

* ¼ C EVOO
* 3 Veggie Sausages (Yves), sliced
* 1 Tsp. Cajun Seasoning
* 1 Bell Pepper, chopped
* 1 Red Onion, diced
* 2 stalks Celery, sliced
* 1 Green Onion, sliced
* 1 Jalapeno, seeded and diced
* 2 cloves Garlic, chopped
* 1 C canned, diced Tomatoes (including juice)
* 1 Tsp. Worcestershire Sauce
* 1 Tsp. Hot Sauce
* 2 Tbsp. + Cajun seasoning
* ¾ C long grain White Rice
* 1 ½ C low sodium Vegetable Stock
* Sea Salt / Black Pepper

 CAJUN SEASONING

* 1 Tsp. Sea Salt
* 1 Tsp. Cayenne Pepper
* 1 Tsp. fresh Thyme
* 1 Tsp. dried Oregano
* ½ Tsp. minced Onion
* ½ Tsp. Garlic Powder
* ½ Tsp. Black Pepper

Prep Time: 10 Min

Cook Time: 45 Min



1. In a medium sized sauce pot, bring to temperature and add half the oil. Add the sliced sausages and 1 Tsp. seasoning. Fry over medium heat stirring often for 3 – 4 minutes until browned. Transfer fried sausages to a separate bowl.
2. To the same pot, add the remainder of the oil. Add the onion, green onion, pepper, jalapeno, celery, and garlic. Give a generous pinch of sea salt and black pepper and fry over medium heat 5 – 7 minutes.
3. Stir in the diced tomatoes, worcestershire sauce, sliced sausages, and hot sauce. Simmer 10 minutes on medium low.
4. Return to medium and add the rice, vegetable stock, and 2 Tbsp (minimum) Cajun seasoning. Bring to a boil, reduce heat to medium low, cover and simmer 20 minutes stirring occasionally.
5. Taste and adjust salt / Cajun seasoning to taste. Garnish with sliced green onion.