

Tofurky Sausage Jambalaya

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF JUSTIN CASSIDY

Servings: 16 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Brown rice	1	quart
Vegetable broth	1	pint
Tofurky kielbasa, sliced on the bias	4	each
Tofurky Italian sausage, sliced on the bias	4	each
Black beans, canned	1	cup
Jalapenos, minced	2	each
Bell peppers, 1/2" dice	1	pound
White onion, 1/2" dice	1	pound
Fresh oregano, chopped	2	tablespoons
Crushed tomatoes, canned	2	pounds
Garlic, minced	2	tablespoons
Parsley, chopped	1	tablespoon
Cayenne pepper	1	teaspoon
Salt	1	teaspoon
Black pepper, ground	1	teaspoon
Cajun seasoning	1	teaspoon
Chili powder	1	teaspoon
Ground cumin	1	teaspoon

Preparation

1. Par cook brown rice and then cool.
2. Sauté jalapenos, bell peppers, onion until tender. Add spices & garlic continuing to sauté until very fragrant.
3. Add Tofurky kielbasa & Italian sausage cooking until lightly browned.
4. Add brown rice, black beans, vegetable broth and crushed tomato. Stir well and bring the entire mixture to a simmer.
5. Continue to cook until liquid is absorbed. Season to taste and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 258 Total Fat: 7.2 Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 544mg Carbohydrate: 30g Fiber: 6g Sugar: 6g Protein: 18g



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