

Veg Jambalaya - serves 6



Ingredients

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| <ul style="list-style-type: none">• 1 tablespoon vegetable oil• 1 medium green pepper, chopped• 1 medium onion, chopped• 1 celery stick, chopped• 3 garlic cloves, minced• 2 cups water• 1 tin chopped tomatoes• 250ml passata | <ul style="list-style-type: none">• 1/2 teaspoon Italian seasoning• 1/4 teaspoon salt• 1/4 teaspoon crushed red pepper flakes• 1/8 teaspoon fennel seed, crushed• 1 cup uncooked long grain rice• 1 tin butter beans, rinsed and drained• 1 tin kidney beans, rinsed and drained |
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Method

- In a lidded casserole dish, heat oil over medium-high heat. Add the green pepper, onion and celery; cook and stir until tender. Add garlic; cook 1 minute longer.
- Add the water, tomatoes, tomato sauce and seasonings. Bring to a boil; stir in rice. Reduce heat; cover and simmer for 15-18 minutes or until liquid is absorbed and rice is tender. Stir in beans; heat through.

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