

## **Vegetarian “Jambalaya”**

### **Ingredients**

- 2 tbsp vegetable oil
- 1 can (15 ounces) garbanzo beans, drained
- 8 ounces sliced oyster (or other) mushrooms
- 2 cups chopped onions
- 3/4 cup chopped bell peppers
- 3/4 cup chopped celery
- salt + cayenne to taste
- 1 cup long-grain white rice
- 1 can (14 1/2 ounces) petite diced tomatoes, with juice
- 1 tbsp chopped fresh garlic
- 2 cups water
- 4 bay leaves
- 1/4 tsp dried thyme
- 1/4 cup chopped green onions
- Optional: a few tablespoons of freshly grated parmesan cheese

### **Directions**

1. Heat the oil in a large saucepan or a large-cast iron Dutch oven over medium heat. Add the garbanzo beans and mushrooms and cook for 2 minutes. Add onions, bell peppers, and celery. Season with salt and cayenne to taste and saute for 6 to 8 minutes or until the veggies are golden, wilted and soft.

2. Add the rice and stir to coat evenly. Stir in the tomatoes with their juices, the garlic, water, thyme. Add the bay leaves and gently press into the mixture to cover the leaves. Cover and cook over medium heat for about 30 minutes; stirring occasionally, being careful to avoid breaking up the bay leaves. Cook until rice is tender, carefully add a small amount water if needed (too much water = soup!).

3. Remove from heat and let stand, covered for about 5 minutes. Remove the bay leaves. Stir in the green onions and serve.

Optional: add freshly grated parmesan when serving.

Makes 6 servings