

Vegetable Jambalaya (serves 6)

Ingredients:

- 2 Tbsp. vegetable oil
- 1 medium onion, chopped
- 1 green bell pepper, stemmed, seeded, & chopped
- 3 celery stalks, chopped
- 3 cloves garlic, finely chopped
- ½ small green chile, finely chopped
- 2 large tomatoes, chopped
- 2 bay leaves
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. cayenne pepper
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- 1 tsp. Worcestershire sauce
- ¾ cup long-grain rice
- 3 cups vegetable or chicken broth
- salt & pepper, to taste

Directions:

1. Heat oil in large pot over medium-high heat before adding onion, bell pepper, and celery. Cook for about 5 minutes, until vegetables become translucent.
2. Add garlic, chile, tomatoes, bay leaves, paprika, garlic powder, cayenne, thyme, oregano, and Worcestershire sauce. Cook until tomatoes release juice, about 1 minute.

Over

The
Farm

Saint Joseph Mercy Health System

A delicious, easy way to eat your vegetables!

By the Numbers:

Nutrition (per serving)

Calories: 182 kcal

Fat: 5.6 g

Protein: 5.2 g

Carbohydrates: 29.2 g

Cost

Total Cost: \$3.90

Cost per Serving: \$0.65



Directions Continued:

3. Add the rice and broth. Lower heat to medium and cook until rice absorbs all liquid, about 20-25 minutes.
4. Adjust the salt, pepper, and any other spices to taste.

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Carbohydrates: 29.2 g

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St. Joseph Mercy Hospital Ann Arbor seeks new and innovative ways to improve health and wellness. The Farm serves our community by improving access to fresh food, nutrition education, and therapy.

For more info visit www.stjoesannarbor.org/thefarm