

# Vegan Jambalaya with plant-based sausage

½ cup Diced White onion

5 gloves of garlic

1 stalk of celery

½ red pepper

½ green pepper

2 Pc Beyond Meat Sausage

1 cup crushed tomatoes

1 ¼ cup water or stock

6 tsp Cajun Blend (to make your own )

- 1 tsp oregano
- 1 tsp basil
- 1 tsp paprika
- 2 tsp smokey paprika
- ½ tsp Cayenne (increase by personal preference)

2 bay leaves

Salt and Pepper to taste

1 cup Long Grain Rice

1 cup drained and rinsed Kidney Beans

8 pieces fresh or frozen Okra Sliced ¼"

2 stalks Green Onion

.25 Bunch wash and chopped Cilantro

## Instructions

1. Heat a large pot over medium-high heat add a couple tablespoons of oil. Add the sliced beyond meat sausage. Season with 1 tsp of cajun spice. Sear both sides until nicely browned. Remove from pot and set aside. In the same pot add the onion and garlic and sauté until soft. Add the celery and peppers and sauté until just beginning to soften.

2. Stir in the rice and Beans. Add the spices blend, a little salt and bay leaf. Cook out for approximately 2 minutes. Add the crushed tomatoes and water (stock) and mix well.
3. Bring to a boil, then reduce the heat to low and cover the pan. Simmer gently, giving it a stir from time to time, until the rice is almost cooked, and the liquid is mostly absorbed roughly 10 minutes. Add the sausage and sliced Okra.
4. Heat through, about 5 minutes. Season with salt and pepper. Serve immediately. Garnish with sliced green onion and chopped cilantro.