

# Learn to Make Jambalaya

Vegan Jambalaya with Executive Chef Paul Hoag

## Ingredients:

- Oil
- Plant-based sausage
- Cajun seasoning
- Bell peppers
- Celery
- Onion
- Garlic (minced)
- Rice
- Spices
- Bay leaf
- Tomatoes (crushed)
- Kidney beans (canned)
- Okra (cut up)
- Vegetable stock
- Green onion or Cilantro (optional - garnish)

## Recipe:

1. Place a pot on the stovetop, let it warm up
2. Add a little bit of oil to the pot
3. Add chopped up plant-based sausage to the pot. If you have animal-based sausage, you can add at this point as well.
4. Leave sausage in the pot until it has browned and has some colour to it - tossing it around with a spoon occasionally, then remove it off to the side and onto a small dish, pan, or bowl
5. Add a pinch of cajun seasoning to the sausage while still in the pot
6. Once removing sausage from the pot, add a little more oil into the pot
7. Add chopped bell peppers, celery, and onion to the pot
8. Turn the temperature of the stovetop up a little bit, constantly tossing the bell peppers, celery and onion around in the pot for about 2-3 minutes- try to avoid getting any colour on the vegetables
9. Add minced garlic to the pot - toss around with vegetables and let it sit for a few seconds
10. Add rice to the pot and stir it in with vegetables
11. Add all the spices and bay leaf to the pot
12. Add crushed tomato es to the pot
13. Add kidney beans to the pot
14. Add okra to the pot
15. Add vegetable stock to the pot
16. Stir everything up for a few seconds
17. Let ingredients sit and cook as the rice needs to be cooked
18. Add plant-based sausage back into the pot - mix everything together
19. Cover pot and let it simmer for about 20 minutes, just until the rice is cooked - keep an eye on the liquid to rice ratio (make sure enough liquid is added)
20. If using meat, make sure it is fully cooked
21. Plate! Add green onion or cilantro for garnish (optional)