

Tempeh Jambalaya

By Kim Campbell, PlantPureNation.com

Makes 4 servings | Ready in 90 minutes | Stores 1 week in fridge

INGREDIENTS

¼ cup diced onion
¼ cup diced celery
¼ cup diced roasted green bell pepper
¼ cup diced roasted yellow bell pepper
¼ cup diced roasted red bell pepper
½ cup sliced frozen okra
1 cup low-sodium vegetable stock, divided
3 tablespoons tomato paste
3 garlic cloves, minced
½ cup chopped fire-roasted tomatoes
3 tablespoons chopped fresh parsley
1 teaspoon dried thyme
½–1 teaspoon liquid smoke
1 teaspoon smoked paprika
4 oz tempeh, cubed and sautéed
1 teaspoon sea salt (optional)
1 teaspoon black pepper
4 cups cooked long-grain brown rice, for serving

ACTION STEPS

1. In a large saucepan over medium-high heat, sauté the onion, celery, bell peppers, and okra in a ½ cup of the vegetable stock until the onion is translucent.
2. Add the tomato paste, garlic, and fire-roasted tomatoes. Heat through, stirring occasionally.
3. Add the parsley, thyme, and remaining ½ cup of the vegetable stock and bring to a simmer.
4. Add the liquid smoke, paprika, and tempeh. Season with salt and pepper to taste. Cover and cook over low heat for 1 hour.
5. Serve over steamed brown rice.

CHEF'S NOTE

Kim says she likes to use a slow cooker for this recipe since it requires an hour of low heat to bring out the full flavors.

If you don't have time to let the recipe simmer for an hour, the cooking time can be minimized. You can cook the dish for as little as 10 minutes, or until the veggies are tender and the tempeh is fully warmed. The flavors won't have time to mingle and deepen, but it will be very tasty either way.

This recipe calls for the Jambalaya to be served over the rice, but feel free to mix cooked rice directly into the vegetables and tempeh, like traditional recipes often call for.