



## Jambalaya

Eating colorful vegetables is one way to get your daily dose of antioxidants, and this recipe will definitely help you do that.

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|------------------------------------|---|
| 2 Tbs. canola oil                  | 1 yellow or orange bell pepper, diced     |
| 1 large onion, chopped             | 1 15 ½ oz. can black-eyed peas            |
| 3 cloves garlic, minced or pressed | 1 28-oz. can tomatoes, chopped, undrained |
| ¾ cup carrots, diced               | 4 cups vegetable broth                    |
| 1 cup celery, diced                | 2 medium zucchini, diced                  |
| 1 ½ tsp. dried thyme               | 1 ½ cups uncooked long-grain white rice   |
| ½ tsp. salt                        | Chopped parsley for garnish               |
| 2 tsp. Hungarian paprika           |   |
| Pinch of cayenne pepper            |   |
| 2 bay leaves                       |   |
| 1 red bell pepper, diced           |   |

1. Heat oil over medium heat in a large stewpot. Sauté onion until translucent. Add the garlic, carrots, and celery, and heat for 2 more minutes.

2. Add thyme, salt, paprika, pinch of cayenne pepper, and bay leaves. Stir to combine. Add bell peppers, black-eyed peas, chopped tomatoes with juices, and vegetable broth. Bring to a boil. Lower heat and cook, covered, for about 10 minutes.

3. Stir in zucchini and rice, and bring mixture to a boil. Reduce heat to low, cover, and cook for about 15 minutes, stirring occasionally. Garnish with parsley. Serves 6.