



VEGETARIAN JAMBALAYA

Ingredients

For 4 persons

1 medium onion
100g chopped celery
100g green pepper
150g fresh mushrooms
2 garlic cloves
1 tsp olive oil
450g fresh tomatoes
250g uncooked long grain rice
2 tbsp reduced-sodium soy sauce
1 tbsp minced parsley
1/4 tsp salt
1/4 tsp paprika
1/4 tsp cayenne pepper 1
pinch chili powder
1/4 tsp pepper
6 tbsp low fat sour cream

Steps

- 1.** In a large nonstick skillet, saute the onion, celery, green pepper, mushrooms and garlic in oil until tender. Stir in the tomatoes, water, rice, soy sauce, parsley, salt, paprika, cayenne, chili powder and pepper.
- 2.** Transfer to a baking dish coated with nonstick cooking spray. Cover and bake at 180°C for 65-70 minutes or until rice is tender and liquid is absorbed. Top each serving with 1 tablespoon sour cream.