Mushroom Jambalaya
Home Recipe
Serves: 8
Prep Time: 20 minutes
Cook Time: 1 Hour 15 Minutes

Ingredients

- 1½ pound mushrooms, cut into ¼ inch slices. (about 4 cups)
- 2 Tbsp olive oil
- 1 cup diced onions
- 2 garlic cloves, minced
- 3 celery stalks, diced
- 1 medium green bell pepper, diced
- ¼ tsp black pepper
- ½ tsp paprika

For the rice:

- 1 tsp dry thyme
- 1 ½ cups brown rice
- ¼ tsp salt
- 3 cups low sodium chicken broth

Nutrients Per 1 ½ Cup Serving

- Calories 190
- Total Fat 7 g
- Saturated Fat 1 g
- Cholesterol 5 mg
- Sodium 230 mg
- Carbohydrates 28 g
- Dietary Fiber 4 g
- Protein 7 g
- Calcium 29 mg
- Iron 2 mg
- Potassium 727 mg
- Vitamin D 1 mcg

Cooking Instructions

1) Preheat the oven to 425°F. Spread the mushroom slices evenly on a baking sheet. Drizzle with about 1 Tablespoon of olive oil. Sprinkle with black pepper and paprika. Toss the sliced mushrooms with your hands or a spatula.

2) Roast the mushrooms in the oven for 15 minutes or until mushrooms have browned and are tender.

3) While the mushrooms are roasting, in the other Tablespoon of oil, sauté the onion, garlic, celery, and bell pepper.

4) Once the mushrooms are done, place them in an 8x8 baking dish. Add the sautéed vegetables. Spread the rice over the mixture.

5) Decrease the oven temperature to 375°F.

6) Bring the chicken broth and thyme to a boil. Once the broth boils, pour it over the rice and vegetables, stir to combine, and cover the dish tightly with aluminum foil. Bake on the middle rack of the oven for about 50 minutes to 1 hour. Remove from the oven, allow to sit for about 10 minutes and serve.

For More Information
louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.