



Vegetable Creole

Family Recipes!

- 1 - 8 oz. pkg. multigrain tempeh
- 1/4 cup olive oil, divided
- 2 T. Creole Seasoning, divided
- 2 T. tamari or soy sauce
- 1 1/2 cups onion
- 1 cup celery, diced
- 1 cup green pepper, destemmed, deseeded, and diced
- 1 cup red pepper, destemmed, deseeded, and diced
- 1 jalapeno, destemmed, deseeded, and diced
- 1 1/2 cups basmati rice (or other white rice), rinsed
- 2 T. garlic, minced
- 2 cups vegetable stock or water
- 2 cups tomato, deseeded, and diced (or 1 - 14 oz. can diced tomatoes)
- 1 bay leaf
- 1 t. salt
- 1 - 15 oz. can red beans, drained, and rinsed
- 1/2 cup green onion, thinly sliced
- 1/4 cup freshly chopped parsley

Directions:

Using your fingers, crumble the tempeh into small pieces onto a plate. In a large pot, saute the tempeh in 2 T. olive oil for 5 minutes. Sprinkle 1 T. Creole Seasoning over the tempeh and saute an additional 1 minute. Add the tamari, stir well to coat the tempeh, and continue to cook an additional 2-3 minutes or until the liquid has evaporated. Transfer the tempeh to a plate and set aside. In the same pot, saute the onion, celery, green pepper, red pepper, and jalapeno in the remaining 2 T. olive oil for 5 minutes to soften. Add the rice and garlic, stir well to combine, and continue to cook an additional 2-3 minutes or until the rice turns opaque. Add the vegetable stock, tomatoes, remaining Creole Seasoning, bay leaf, and salt, and bring the mixture to a boil. Cover, reduce the heat to low, simmer for 20-25 minutes or until the rice is tender and most of the liquid is absorbed. Remove the lid, add the reserved tempeh and remaining ingredients, stir well to combine, and recover the pot. Remove the pot from the heat and let sit for 10 minutes to allow the flavors to blend. Can be served as a side dish, main dish, or as a filling for wraps or sandwiches.

Serves 6-8