

# Slow Cooker Jambalaya



PREP TIME

10 mins

TOTAL TIME

5 hrs



COURSE

Dinner



SERVINGS

6 servings

CALORIES

334 kcal

## EQUIPMENT

- 1 slow cooker

## INGREDIENTS

- 1 Tbsp olive oil or to taste
- 1 can diced tomatoes with juice (28oz)
- 8 oz seitan cut into cubes
- 8 oz Field Roast Italian Vegan Sausage cut into 2-inch slices
- ½ large onion chopped
- ½ large green bell pepper seeded & chopped
- 3 celery stalks chopped
- 1 cup vegetable broth
- 2 cloves garlic minced
- 1 Tbsp miso paste
- 1½ tsp Cajun seasoning
- ½ tsp dried thyme
- ½ tsp dried oregano

- 1 cup rice
- 1 Tbsp chopped parsley or to taste, optional

## INSTRUCTIONS

1. Drizzle the bottom of a 4-quart slow cooker crock with olive oil. Stir tomatoes with juice, seitan, sausage, onion, green bell pepper, celery, vegetable broth, garlic, miso paste, Cajun seasoning, thyme, and oregano into crock.
2. Cook on Low for 4 hours. Add rice to the crock and cook on High until rice is cooked through, about 30 minutes more. Garnish with parsley.

## NUTRITION

### Nutrition Facts

Slow Cooker Jambalaya

Amount Per Serving	
<b>Calories</b>	334
Calories from Fat	90
% Daily Value*	
<b>Fat</b>	10g
15%	
<b>Carbohydrates</b>	41g
14%	
<b>Protein</b>	20g
40%	

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!