

## Jambalaya

1 recipe **Wellness Forum Health's Brown Rice Vegetable Soup**, prepared with 5 cups of water instead of the amount called for in the recipe

1 cup quartered cremini mushrooms

½ cup finely chopped onions

¼ cup finely chopped yellow bell pepper

¼ cup finely chopped red bell pepper

¼ cup finely chopped celery

1 tablespoon minced garlic

1 teaspoon thyme

1 bay leaf

1 cup diced tomatoes

8 whole baby carrots

1 teaspoons salt

¼ teaspoon black pepper

- In a medium pot, sauté the mushrooms, onions, peppers, and celery 4 to 5 minutes until the onions are translucent and start to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking.
- Add the garlic, thyme, and bay leaf and cook another minute.
- Add the cooked brown rice vegetable soup, tomatoes, and baby carrots, and cook, stirring, for 5 minutes.
- Add salt and black pepper, and bring to a boil.
- Reduce the heat to medium-low and simmer, covered 10 minutes until vegetables are tender.
- Remove from the heat and discard the bay leaf.
- Adjust the seasoning to taste.