

# Mardi Gras Jambalaya

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mardi-gras-jambalaya-recipe>

## Ingredients:

- 1 onion
- 1 red pepper
- 4 slices vegan bacon or vegan chorizo
- 1 cup chicken vegan, style pieces
- 1 cup brown rice short grain
- 1 cup frozen peas
- 1 cup sweet corn canned
- 1 1/2 cups chopped tomatoes fresh or canned
- 1 teaspoon tomato /vegetable puree
- 2 cloves garlic
- 1 red chili
- 1 tablespoon smoked paprika
- 1 teaspoon chili flakes
- 1/2 teaspoon blackstrap molasses
- Tabasco Sauce as much or as little as you like
- 1 handful flat-leaf parsley freshly chopped
- 1 tablespoon olive oil
- 1 pinch salt and pepper

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 7 grams
6. Protein: 20 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 170 milligrams
9. Sugar: 8 grams

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