

Vegetable Barley Jambalaya

(makes 4 to 6 servings)

(from Jay Solomon's The Global Vegetarian)

"Jambalaya is a rowdy, highly spiced Creole dish...Traditional jambalaya also contains meat, but a cornucopia of vegetables is infinitely more interesting...a lively party dish."

- 1 cup pearl barley or quinoa
- 2 cups water
- 1 ½ tbsp olive oil
- 1 medium green bell pepper, seeded and diced
- 1 small yellow onion, diced***
- 1 small eggplant or zucchini, diced
- 8 - 10 fresh button mushrooms, sliced* (optional)
- 1 celery stalk, sliced
- 2 cloves garlic, minced
- 1 16 oz can crushed tomatoes
- ½ cup water
- 2 tsp dried thyme
- 1-3 tsp bottled hot sauce (optional)
- 1 tsp ground cumin
- ½ tsp salt
- ½ tsp black pepper
- ¼ tsp cayenne
- 10-12 broccoli florets
- 1 c canned red kidney beans/**black beans/lentils**, drained

If using quinoa, soak for 2 minutes and rinse through using fine wire sieve.

In a medium saucepan, boil water. Add grain and reduce to med-low heat, covering the pot for 35 minutes or until all liquid is absorbed.

Meanwhile, in a large saucepan, heat the oil. Add the green pepper, onion, eggplant, mushrooms (if using), celery and garlic and cook over medium heat for about 10 minutes, stirring frequently. Add the crushed tomatoes, water and seasonings. Cook over med.-low heat for 15-20 mins. Reduce heat to low and add cooked grain, broccoli and beans. Cook for 10 to 15 minutes more, covered, stirring frequently. Serve with tossed salad.