

# Jambalaya Stew

**Serving Size** 1 cup

**Servings** 16

**Prep Time** 5 min

**Cook Time** 20 min



## Nutrition Information

Calories	151
Fat	0.6 g
Saturated fat	0.1 g
Protein	7 g
Carbs	30.7 g
Fiber	3.2 g
Sodium	129 mg

## Health Benefit

Low Fat

## Ingredients

- 4 cups water
- 2 1/2 cups tomato, chopped (about 2 large)
- 1 1/2 cups green bell pepper, chopped (about 2 small)
- 1 cup onion, chopped (about 1 medium)
- 1 teaspoon Italian seasoning, dried
- 1 teaspoon chili powder
- 1 teaspoon hot sauce
- 3/4 teaspoon salt
- 3 garlic cloves, minced
- 1 bay leaf
- 2 cups instant rice, uncooked
- 3 (8-ounce) cans tomato sauce, no-salt-added
- 2 (15-ounce) cans red kidney beans, undrained no-salt-added
- 1 (16-ounce) package frozen sliced okra, thawed

## Directions

1. Combine first 10 ingredients in a large Dutch oven. Bring to a boil; reduce heat, and cook,

uncovered, 5 minutes.

2. Add rice and remaining ingredients. Bring to a boil; reduce heat, and cook, uncovered, 5 minutes or until okra is tender. Remove and discard bay leaf.

All-New Complete Step-by-Step Diabetic, Oxmoor House 2006