

BEAN JAMBALAYA

3 T vegetable oil	½ t salt
2 medium onions, thinly sliced	1 t hot pepper sauce
2 large cloves garlic, minced	1 t thyme leaves
2 c sliced celery	½ c long grain white rice
1 large green bell pepper, chopped	2 c tomato juice (incl reserved juice from tomatoes)
1 28 oz can plum tomatoes, chopped, reserve juice	1 c chicken broth
6 c mixed beans, cooked, any variety* *Brown's Best Soup Mix?	¼ c chopped fresh parsley
	2 c lean cubed cooked ham

In a large heavy pot, heat the oil. Add the onions, garlic and celery. Cook, stirring for five minutes. Stir in the green pepper and cook three minutes more. Add the chopped tomatoes, ham and beans. Stir just to mix well. Season with salt, hot sauce and thyme. Stir in the rice. Add the tomato juice and chicken broth. Bring to a boil, stirring only a couple of times. Cover and allow to simmer, undisturbed, for 20 to 25 minutes, or until the rice is tender and most of the liquid has been absorbed. Allow to rest, covered, for 10 minutes. Toss in the parsley and serve. Use hot sauce for a spicier dish.

8 to 10 servings.

Calories: 284, Carbohydrate: 42 grams, Protein: 15 grams, Fat: 6 grams.