

Seitanic Red and White Bean Jambalaya

from Veganomicon, comments in [brackets] are mine

6 Tbsp olive oil
14 oz Seitan, diced into bite-sized pieces [Buy ready-made (16 oz) or make your own using my Basic Seitan recipe.]
1 bell pepper, any color, diced
1 medium yellow onion, diced
2 stalks celery, diced small
4 cloves garlic, minced
3 heaping Tbsp tomato paste
½ cup cooking sherry or vegetable broth [boring]
2 cups long grain rice, white or brown
1 (28-oz) can diced tomatoes
1 (15-oz) can cannellini beans
1 (15-oz) can red kidney beans
1 bay leaf
4-6 sprigs fresh thyme (optional)
1 tsp dried thyme
1 tsp dried marjoram
1 teaspoon dried paprika
½ tsp celery seed
½ tsp onion powder
¼ tsp cayenne [or lots more to taste]
4 cups vegetable broth
Salt
Pepper
Flat leaf parsley, chopped for garnish

Preheat oven to 375°.

Heat a large Dutch oven over medium heat. Sauté the seitan in 2 Tbsp olive oil 4-6 minutes, until lightly browned. Remove from the pot and set aside. [If some seitan is stuck to the bottom, use a little of the sherry to deglaze the pot.] Add the remaining olive oil then stir in onion, celery, bell pepper, and garlic. Sauté 12-14 minutes, until the vegetable are very soft and a tad mushy. Stir in the tomato paste and cook, stirring frequently, for another 4 minutes.

Stir in the cooking sherry to deglaze the pot, cook for 30 seconds, then add rice. Stir the rice for about 4 minutes, then stir in the diced tomatoes, seitan, beans, bay leaf, dried herbs, salt, and pepper. Bring to a simmer, pour in the vegetable broth, and return to a simmer. Taste the broth and adjust salt and pepper as needed.

If using fresh thyme, poke the sprigs into the rice, with the base of the stem sticking out. Cover and place in oven for 30-35 minutes if using white rice or 40-45 minutes for brown.

Remove from oven. Remove thyme stems, if using. Stir the jambalaya, then cover and allow to sit for 10 minutes before serving. Garnish with chopped parsley.