



Spelt & Lentil Jambalaya

Ingredients:

- 1 cup Fieldstone Organics Whole Spelt
- 1 cup Fieldstone Organics Soup Mix
- 1lb Sausage (cooked and chopped into bite size pieces)
- 2 large cans diced tomatoes
- 1 large chopped onion
- 1 cup chopped broccoli
- 1 cup chopped celery
- 1 chopped red pepper
- 2 tsp minced garlic
- 1 tsp chilli powder
- ¼ tsp sea salt
- ¼ tsp pepper
- 1 tbsp Olive Oil

Procedure:

Cook the spelt and the soup mix until tender yet firm, by simmering in 2 parts boiling water for approximately 40 minutes for Spelt and 20 minutes for the soup mix.

In a large pan lightly fry the onions and garlic in the olive oil. Add tomatoes and seasoning, stir well and bring to a simmer. Add Vegetables, Sausage, cooked Spelt and Soup Mix. Cover and let simmer for 20-30 minutes, stirring occasionally. Add water if necessary.

