

Jambalaya with Sausage and Shrimp

Easy to make, this delicious one-dish meal is perfect for a busy week night. The secret is the spiciness. You can vary the heat with the sausage, cayenne and paprika or minced jalapeno chile. Use your favorite sausage or authentic Cajun Andouille. Slice the precooked sausage or remove the casings from any raw sausage, such as Italian.

2	Tablespoons	canola oil	2	Tablespoons	parsley
1	medium	onion, diced	1		bay leaf
1		red or green bell pepper, diced	1	pinch	cayenne pepper (or more)
1	large clove	garlic	½	tsp	paprika (hot Hungarian preferred)
½		seeded jalapeno or other chile, minced (Optional)	½	teaspoon	salt or to taste
½	pound	sausage (2 links) Italian or Andouille	½	teaspoon	black pepper
1	can (15 oz)	crushed tomatoes	1 ½	cups	long-grain white rice
3	cups +	chicken stock	1	pound	raw shrimp, deveined
3		fresh thyme sprigs	2	Tablespoons	cilantro or parsley to garnish

- 1 In a large skillet, cook onion and green pepper on low heat until onion is translucent. Add garlic, optional minced chile and then the sausage. If using Andouille, slice the sausage before adding. If using a raw sausage like Italian, remove the casing, chop it up as it cooks and cook until browned.
- 2 Add tomatoes, 1 ½ cups chicken stock, thyme sprigs, parsley, bay leaf, cayenne, paprika, salt and pepper.. Stir and cook on medium heat until boiling. Reduce heat to low, add rice, stir, cover and simmer for 15- 20 minutes. Stir and add more stock or water as needed every 3-5 minutes so the rice does not stick to the pan. Cook until rice is al dente.
- 3 Add shrimp and nestle into the rice with added stock or water to keep the mixture juicy. Cover and cook until shrimp is red and rice is tender. Garnish with cilantro or parsley leaves and serve.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Nutrition Facts

Nutrition (per serving): 528 calories, 204 calories from fat, 22.9g total fat, 223.1mg cholesterol, 1253.3mg sodium, 924.8mg potassium, 40.2g carbohydrates, 4.2g fiber, 6.2g sugar, 40.6g protein.

Source

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