

Jambalaya

IOWA

Student Wellness

Ingredients

- 3/4 pound boneless skinless chicken thighs, cut into pieces
- 1 Tablespoon salt-free Cajun seasoning
- 1 teaspoon dried oregano
- 2 cups frozen cut okra
- 3/4 cup chopped white onion
- 1/2 cup chopped celery
- 1/2 cup chopped green bell pepper
- 1 Tablespoon finely chopped jalapeno pepper (1 small)
- 2 cans (14.5 oz each) Diced Tomatoes with Garlic, undrained
- 3/4 cup reduced-sodium chicken broth
- 6 ounces (or about 20 small) frozen cooked shrimp without tail
- 4 ounces turkey smoked sausage, split in half lengthwise and cut into 1/2-inch slices
- 6 cups hot cooked brown rice
- Hot pepper sauce, optional



Directions

1. Spray inside of slow cooker with cooking spray. Layer, in order, the chicken, Cajun seasoning, oregano, okra, onion, celery, bell pepper, jalapeño and undrained tomatoes in slow cooker. Add broth.
2. Cover; cook on LOW 6 to 8 hours.
3. About 30 minutes before serving, add frozen shrimp and sausage to slow cooker; stir gently. Increase to HIGH; cover and cook until shrimp and sausages are hot.
4. Serve jambalaya over rice. Serve with hot sauce, if desired.