

- Easy No Sweat Recipe -



Jumpin' Jambalaya

A one-pot meal full of spice and goodness. Vary the meat to suit your taste and budget. Substitute tofu for a vegetarian version.

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- 2 tbsp olive oil
 - 1 ½ cups diced green pepper (1/2" dice)
 - 1 ¼ cups diced celery (1/2" dice)
 - 1 large onion, diced (1/2" dice)
 - 2 boneless chicken breasts, cut into 1/2" dice
 - 1 lb sausage (your favourite, or andouille), sliced into ½" slices
 - One 14-oz can diced tomatoes, preferably fire-roasted
 - 4 cloves garlic, sliced
 - 4 cups chicken stock
 - 1 ½ cups rice, such as Uncle Ben's (this type of rice tends not to clump)
 - 1-2 tbsp **Twisted Snowshoe Cajun-Style Seasoning** (use less if you like it on the milder side, more if you like it spicy)
 - 1 tsp dried thyme
 - 1 bay leaf
 - 1 cup sliced okra, optional
 - 1 lb raw, peeled and deveined shrimp, optional
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- 6-8 wedges of fresh lemon
 - Sliced green onions, for garnish



1. In a large Dutch oven or stock pot, sauté the green pepper, celery and onion in the olive oil over medium-high heat. Cook until the onion starts to brown, about 10 minutes.
2. Purée the tomatoes with the garlic in a blender. Set aside.
3. To the pot with the meat, add the chicken and cook several minutes, then add the sliced sausage. Cook for several minutes.
4. Add the **Twisted Snowshoe Cajun-Style Seasoning**, thyme and bay leaf. Stir, then add the chicken stock, pureed tomatoes and rice. Bring to a boil, reduce heat and simmer, partially covered for about 15 minutes, stirring every 5 minutes. Add the okra and shrimp and cook another 5 minutes, or until the rice and shrimp are fully cooked and nearly all the liquid has been absorbed. Remove the pot from the heat, cover with a lid and let stand 5 minutes before serving.
5. Spoon the jambalaya into individual bowls. Squeeze over a wedge of lemon and garnish with a few slices of green onion.