

## Creole Jambalaya



### Makes:

8 servings

### Utensil:

5 Qt./4.7 L Roaster with Cover

5 Qt./4.7 L Multi-Purpose Oil Core

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### Recipe:

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### Recipe Description:

This spicy dish has its roots from New Orleans, Louisiana, U.S.A. whose culinary heritage was derived from European settlers arriving from France, Spain and Portugal. Under the skilled guidance of African chefs, they drew from local species and spices to produce this delectable dish.

### Entée

1 large  
onion, chopped, use Cone #2  
3-4 cloves  
garlic, minced  
2 stalks  
celery, chopped, use Cone #4  
1 large  
green pepper, seeded and chopped  
2 pounds  
chicken, breast, boned, skinless, diced  
1 pound  
Andouille sausage, or other spicy pork sausage, sliced  
(454  
g)  
28 ounces  
tomatoes with juice, diced  
(794  
g)  
2 cups  
chicken broth  
(480  
mL)  
2 tablespoons  
Cajun or Creole spice mix (buy mix or see recipe below)  
(30  
mL)  
2 teaspoons  
hot pepper sauce  
(10  
mL)  
1 ½ tablespoons

Worcestershire sauce  
(7.5  
mL)  
2 cups  
brown rice  
(370  
g)  
3 cups  
water  
(700  
mL)  
1 pound  
shrimp, peeled and deveined, thawed if frozen  
(454  
g)

### Creole Seasoning

2 ½  
tablespoons paprika (45 mL) 2  
tablespoons salt (30 mL) 2  
tablespoons garlic (30 mL) 1  
powder 1  
tablespoon black pepper (15 mL) 1  
tablespoon onion (15 mL) 1  
powder 1  
tablespoon cayenne pepper (15 mL)  
tablespoon oregano (15 mL) tablespoon thyme

### Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on pan skitter and dissipate place onion, garlic and celery in pan. Stiring, sauté until onion is translucent, approximately 5 minutes.
2. Add chicken and sausage. Stirring occasionally, sauté another 5 minutes.
3. Add all ingredients through Worcestershire sauce, cover, turn heat to low and simmer for 30 minutes.
4. While sauce is simmering, place rice and water into MP5 and set control on RIC1.
5. When sauce has simmered 30 minutes add shrimp and cook an additional 5-7 minutes. When shrimp is pink remove from heat.
6. When rice has cooked, place in bowl so people can serve themselves, or plate individually in the kitchen.
7. Place Jambalaya in large bowl so people can serve themselves, or plate individually in the kitchen. Serve hot.

### Creole Seasoning

1. Combine all ingredients. Place ingredients in small bottle or jar and store in dry place.

### Tips:

- If you're in a hurry, you can forego the sauté process and put all ingredients through the Worchester sauce in roaster and cook on low heat for 45 minutes.
- Quinoa can be substituted for rice.
- Shrimp can be purchased peeled and deveined.

### Nutritional Information per

#### ▼ Serving

**Calories:** 512  
**Total Fat:** 20g  
**Saturated Fat:** 6g  
**Cholesterol:** 200mg  
**Sodium:** 1015mg  
**Total** 30g

**Carbs:**

**Dietary Fiber:** 4g

**Sugar:** 5g

**Protein:** 53g

Nutritional analysis does not include rice.

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