

Creole Jambalaya

**Prep:**

10 mins

Total:

45 mins

Makes:

12 - 1 cup servings

Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster
Saladmaster Food Processor

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Recipe:**Contributed By:**

Diana Valenciano

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Recipe Description:

Creole Jambalaya is a Cajun favorite among many, especially in New Orleans, Louisiana. Filled with an abundance of meat and flavor, this one-pan meal will be one you continuously come back and make again and again.

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See product details for the [Saladmaster Limited Edition 8.5 Qt. Roaster](#).

chicken breast, cut into 1 inch pieces
 2 lbs
 sausage, cut into 1 inch pieces
 2 lbs
 shrimp, peeled and deveined
 3 medium
 bell peppers, orange and yellow, diced
 3 stalks
 celery, sliced, use Cone #4
 1 jalapeno pepper, seeded and diced
 1 white onion, strung, use Cone #2
 4 cloves
 garlic, shredded, use Cone #1
 28 oz
 crushed tomatoes
 6 cups
 chicken stock
 2 cups
 long-grain white rice
 1 bay leaf
 2 tbsp
 cajun or creole seasoning
 ½ tsp
 cayenne pepper
 1 tbsp
 thyme, ground
 salt to taste

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, approximately 7 - 9 minutes, add onions, garlic, celery, jalapenos and bell peppers. Cover and cook for 5 minutes.
2. Add the chicken and sausage, cover and cook for 10 mins.
3. Add the rice, crushed tomatoes, seasonings and chicken stock and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 30 minutes, Add shrimp and cook for an additional 5-7 minutes until the shrimp is pink and has cooked through.
4. Serve immediately. Garnish with green onions if desired.

Tips:

- For a vegetarian option, substitute the meat for extra vegetables such as okra, zucchini, and squash. Use vegetable broth instead of chicken stock.

Nutritional Information per

▼ Serving

Calories: 320
Total Fat: 8g
Saturated Fat: 3g
Cholesterol: 28mg
Sodium: 968mg
Total 29g
Carbs:
Dietary Fiber: 2g
Sugar: 4g
Protein: 14g