

Creole Jambalaya



Prep:

10 mins

Total:

45 mins

Makes:

12 - 1 cup servings

Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster

Saladmaster Food Processor

Rate Recipe:

Select rating Give Creole Jambalaya 1/5 Give Creole Jambalaya 2/5

Give Creole Jambalaya 3/5 Give Creole Jambalaya 4/5 Give Creole

Jambalaya 5/5

Contributed By:

Diana Valenciano

[Write a Review](#)

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.

Like what you see? [Find a Dealer](#) to experience a meal with Saladmaster.

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

2

lbs

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
1[?]₂

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 Carbs:

29g

Dietary Fiber:

2g

Sugar:

4g

Protein:

14g