

Creole Jambalaya

Chef Vanessa of *Balanced Body*

RECIPE MAKES: 24 SERVINGS

INGREDIENTS

- ✓ 3 cups diced white onion
- ✓ 1 ½ cup diced celery
- ✓ 1 ½ cup diced green pepper
- ✓ 2 Tbsp. minced garlic
- ✓ ¼ cup olive oil
- ✓ 45 oz. canned diced tomato with liquid
- ✓ 9 cups salt-free chicken broth
- ✓ 4 ½ cups white long grain rice
- ✓ 1 Tbsp. dried thyme
- ✓ 1 ½ tsp. cloves
- ✓ 3 bay leaves
- ✓ 2 Tbsp. salt
- ✓ 2 lbs. ham (low fat, cubed)
- ✓ 2 lbs. ground chicken sausage (low fat)
- ✓ 2 lbs. shrimp
- ✓ 18 tsp. tabasco sauce

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(305g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 440mg	19%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 480mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Heat oil in large pot, sauté onion, celery, green pepper
2. Add garlic
3. Add in ham and sausage to brown – cooking for about 10 minutes
 - a. THIS CREATES FLAVOR!
4. Add in tomatoes and all seasoning, tabasco and rice and cook for about 3 minutes
5. Add broth, mix well and cover for 30 minutes (make sure rice is fully cooked)
6. Remove from heat
7. Season and cook shrimp on flattop
8. Portion Jambalaya mix and top with shrimp

Healthy Options

