

Slow Cooker Chicken and Shrimp Jambalaya

Public Family Style Magazine - Feb/Mar 2013

Servings: 8

2 cups celery, thinly sliced
2 cups onion, finely chopped
1 can (14.5 ounce) no-salt-added diced tomatoes, undrained
2 cups reduced-sodium chicken broth
1/2 can (6 ounce)(1/3 cup) tomato paste
1 1/2 teaspoons salt-free Cajun seasoning
2 cloves garlic, minced
1/2 teaspoon salt
1 pound skinless/boneless chicken breast halves or thighs, cut into 3/4-inch pieces
1 1/2 cups quick-cooking brown rice
3/4 cup green, red or yellow sweet pepper, chopped
8 ounces cooked, peeled and deveined shrimp, tails removed
2 tablespoons snipped fresh parsley
salt and ground black pepper
celery leaves (optional)
bottled hot pepper sauce (optional)

Preparation Time: 25 minutes

Slow Cooker: 5 hours

In a four- or five-quart slow cooker, stir together the celery, onion, undrained tomatoes, broth, tomato paste, Cajun seasoning, garlic and 1/2 teaspoon of salt. Stir in the chicken.

Cover and cook on LOW for five to six hours or on HIGH for two to two and one-half hours.

If using LOW heat setting, turn to HIGH heat setting. Stir in the uncooked rice and sweet pepper.

Cover and cook for 30 minutes more.

Stir in the shrimp and parsley. Season to taste with additional salt and ground black pepper.

If desired, garnish individual servings with celery leaves and splash with bottled hot pepper sauce.

Per Serving (excluding unknown items): 28 Calories; trace Fat (4.3% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 225mg Sodium. Exchanges: 1 Vegetable.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	28
% Calories from Fat:	4.3%
% Calories from Carbohydrates:	82.4%
% Calories from Protein:	13.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	225mg
Potassium (mg):	228mg
Calcium (mg):	25mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	8mg
Vitamin A (i.u.):	240IU
Vitamin A (r.e.):	24RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	18mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 28	Calories from Fat: 1
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% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 225mg	9%
Total Carbohydrates 6g	2%
Dietary Fiber 2g	6%
Protein 1g	
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Vitamin A	5%
Vitamin C	14%
Calcium	3%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.