

Shrimp Jambalaya

Taste of Home One-Dish Meals

Servings: 2

1/4 cup green onions, chopped
1/4 cup celery, chopped
1/4 cup green pepper, chopped
2 tablespoons butter
1/4 teaspoon minced garlic
3/4 cup stewed tomatoes, cut up
1/4 cup water
2 tablespoons tomato paste
1/2 teaspoon sugar
1/2 teaspoon chicken bouillon granules
1/8 teaspoon dried basil
1/8 teaspoon hot pepper sauce
1/4 pound uncooked medium shrimp, peeled and deveined
1/3 cup fully cooked ham, cubed
hot cooked rice (optional)

In a large saucepan, saute' the onions, celery and green pepper in butter until tender. Add garlic; cook 1 minute longer. Stir in the tomatoes, water, tomato paste, sugar, bouillon, basil and pepper sauce. Bring to a boil. Reduce heat. Simmer, uncovered, for 30 minutes, stirring occasionally.

Add shrimp and ham. Cook and stir for 2 to 3 minutes or until shrimp turn pink.

Serve over rice, if desired.

Per Serving (excluding unknown items): 159 Calories; 12g Fat (62.8% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 388mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.