
Chicken and Sausage Jambalaya

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 50 minutes

1 tablespoon canola oil
2 pounds boneless/ skinless chicken thighs, cut into 1-1/2-inch cubes
1 pound smoked sausage, cut into one-inch pieces
1 large white onion, chopped
1 large (1-1/2 cups) green bell pepper, chopped
1 cup celery, chopped
3 cloves garlic, minced
2 bay leaves
1 tablespoon Creole seasoning
1 teaspoon dried thyme
1 teaspoon dried oregano
2 cups uncooked converted rice
3 cups chicken broth
2 cans (14.5 ounce ea) diced fire-roasted tomatoes
sliced scallions (optional)

Heat oil in a Dutch oven over medium-high heat. Add the chicken and sausage. Cook, stirring constantly, until browned on all sides, 8 to 10 minutes. Remove with a slotted spoon to paper towels. Blot with paper towels.

Add the onion, bell pepper, celery, garlic, bay leaves, Creole seasoning, thyme and oregano to the hot drippings. Cook over medium-high heat until the vegetables are tender, 5 to 7 minutes. Stir in the rice and cook until fragrant, about 3 minutes. Stir in the chicken broth, tomatoes, chicken and sausage. Bring to a boil over high heat. Cover and reduce the heat to medium. Simmer, stirring occasionally, until the rice is tender, about 20 minutes.

Garnish with sliced scallions, if desired.

Pork

Per Serving (excluding unknown items): 238 Calories; 20g Fat (74.2% calories from fat); 10g Protein; 5g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 917mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.