



Jambalaya

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 4 servings

Ingredients

2 tablespoons of olive oil
½ yellow onion (chopped)
1 red pepper
½ jalapeno pepper
1 ½ stalks of celery
2 ½ cloves of garlic
½ pound chicken breast
½ pound of andouille sausage
7 ounces crushed tomatoes
1 tablespoon of Cajun seasoning
½ teaspoon of basil
½ teaspoon of dried thyme
¼ teaspoon of red pepper flakes
Salt and pepper to taste
1 ½ cups of chicken stock
¾ cup of long grain white rice
½ pound of shrimp peeled and deveined
1 teaspoon of parsley flakes (garnish)

Method

1. In a large skillet over medium high heat, add 1 tablespoon olive oil, and sauté the onion, peppers and celery until they begin to soften, about 5 – 6 minutes.
2. Add the garlic and cook for 1 minute more, then add the chicken and sausage to the pan (and up to 1 more tablespoons of olive oil if needed) and cook for 5 – 7 minutes, until browned and no longer pink.
3. Stir in the crushed tomatoes, Cajun seasoning, basil, thyme, and red pepper flakes. Season to taste with salt and pepper.
4. Stir in the chicken stock and white rice. Bring the pan to a boil and then reduce to a simmer. Cover and simmer for 25 – 30 minutes, until the rice is cooked and almost all of the liquid is absorbed. If the mixture becomes too dry, add an extra splash of chicken stock. Stir occasionally.
5. Stir the shrimp into the pan and cook for 5 more minutes, until the shrimp are cooked through. Season with salt and pepper to taste.
6. Garnish with parsley.