

## Creole Jambalaya



### Prep:

10 mins

### Total:

45 mins

### Sirve:

12 - 1 cup servings

### Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster  
Saladmaster Food Processor

**Valora:** ★★★★★☆

### Contribuido por:

Diana Valenciano

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### Descripción de la Receta:

Creole Jambalaya is a Cajun favorite among many, especially in New Orleans. Louisiana. Filled with an abundance of meat and flavor, this one-pan meal will be one you continuously come back and make again and again.

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See product details for the [Saladmaster Limited Edition 8.5 Qt. Roaster](#).

2 lbs  
chicken breast, cut into 1 inch pieces

2 lbs  
 sausage, cut into 1 inch pieces  
 2 lbs  
 shrimp, peeled and deveined  
 3 medium  
 bell peppers, orange and yellow, diced  
 3 stalks  
 celery, sliced, use Cone #4  
 1 jalapeno pepper, seeded and diced  
 1 white onion, strung, use Cone #2  
 4 cloves  
 garlic, shredded, use Cone #1  
 28 oz  
 crushed tomatoes  
 6 cups  
 chicken stock  
 2 cups  
 long-grain white rice  
 1 bay leaf  
 2 tbsp  
 cajun or creole seasoning  
 ½ tsp  
 cayenne pepper  
 1 tbsp  
 thyme, ground  
 salt to taste

### Preparación :

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, approximately 7 - 9 minutes, add onions, garlic, celery, jalapenos and bell peppers. Cover and cook for 5 minutes.
2. Add the chicken and sausage, cover and cook for 10 mins.
3. Add the rice, crushed tomatoes, seasonings and chicken stock and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 30 minutes, Add shrimp and cook for an additional 5-7 minutes until the shrimp is pink and has cooked through.
4. Serve immediately. Garnish with green onions if desired.

### Consejos:

- For a vegetarian option, substitute the meat for extra vegetables such as okra, zucchini, and squash. Use vegetable broth instead of chicken stock.

### Información nutricional por ración

**Calorías:** 320  
**Grasa Total:** 8g  
**Grasa** 3g  
**Saturada:**  
**Colesterol:** 28mg  
**Sodio:** 968mg  
**Carbohidratos:** 29g  
**Fibra** 2g  
**Dietética:**  
**Azúcar:** 4g  
**Proteína:** 14g