

Shrimp & Sausage Jambalaya



INGREDIENTS

1 tablespoon olive oil	1 cup chopped celery	2 cups chicken broth, preferably homemade (see page 110), or canned low-sodium broth	3/4 cup chopped fresh parsley	1 1/2 tea thyme
1 pound turkey kielbasa, sliced 1/2 inch thick	2 cloves garlic, minced	1 cup chopped scallions	1 tablespoon Creole or Cajun seasoning	2 bay lea
1 small green bell pepper, seeded and chopped	Two 16-ounce cans whole tomatoes, undrained		1 tablespoon dried oregano	1/4 teasp pepper 1/4 teasp

SUGGESTED COOKWARE

Dutch Oven, slotted spoon

DIRECTIONS

In a large Dutch oven, heat the oil over medium heat. Add the kielbasa and cook for about 5 minutes, turning occasionally, until the sausage is browned. With a slotted spoon, transfer the sausage to a plate and set aside.

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DIRECTIONS

Add green peppers, celery and garlic to the Dutch oven and cook for about 5 minutes, stirring often, until the vegetables soften. Add the tomatoes with their juice, the chicken broth, scallions, parsley, seasoning, oregano, thyme, bay leaves, ground red pepper, and black pepper. Bring to a simmer and stir to break up the tomatoes. Stir in the rice and kielbasa and return to a simmer.

Reduce the heat to low, cover, and cook for 20 to 25 minutes, until the rice is just tender. Stir in the shrimp, cover and cook for about 3 minutes more, until the shrimp turn pink. Let stand, covered, for 5 minutes before serving.

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