

Jambalaya

Ruth Tetlow

1 large onion, sliced
1 large clove garlic, chopped
2 Tablespoons butter or olive oil
1 pound cooker chicken, broken into pieces
1 pound sausage sliced (regular or turkey polish sausage or andouille sausage)
4 large tomatoes, chopped
1 large green pepper, diced
1 cup chopped parsley
½ teaspoon thyme
1 large bay leaf
4 cups chick broth (99% fat free works great!)
2 cups rice (instant or regular)
1 ½ pound shrimp, cooked and cleaned
Salt and pepper to taste

In a large heavy kettle, cook onion with garlic in butter until onion is transparent. Add chicken, sausage, tomatoes, green pepper, parsley, thyme and bay leaf. Bring to boil, reduce heat. Cover, simmer for 10 minutes. Add chicken broth and bring to a boil. Add rice, reduce heat, cover and cook 20 minutes or until rice is tender. Add shrimp, salt and pepper, heat through.

You may substitute a large can of diced tomatoes instead of fresh tomatoes. I often do not add the shrimp. This gets more flavorful after a day or two and it freezes very well.

Serves 6-8

When made with turkey sausage

-per serving: 1 ½ carbohydrate servings, 3 protein and 2 fat. Sodium 380 mg/serving