

Jambalaya

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Recipe source: [Heaven on Seven](#)

INGREDIENTS:

- ¼ cup canola oil
- ½ lb. smoked sausage, sliced (such as Andouille)
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 1 cup chopped celery
- 1 cup chopped green onions
- 2 cloves garlic, minced
- 1 16 oz. can tomatoes, drain and reserve the liquid
- 1 ½ cups chicken stock or water
- 1 tsp. dried thyme
- ¼ tsp. cayenne pepper
- ½ tsp. black pepper
- 1 tsp. salt
- 1 cup converted rice
- 1 ½ tbsp. Worcestershire sauce
- 2 lbs. peeled shrimp
- ½ lb. boneless cooked chicken, cubed

NOTE: This is the recipe as written. For my version I eliminated the shrimp and increased quantities of sausage and chicken – 1 lb. sausage and 2 lbs. chicken.

DIRECTIONS:

- In a large heavy Dutch oven, sauté sausage until lightly browned. Remove from pot.



- Sauté onions, bell peppers, celery, green onions, and garlic in the meat drippings until tender.
- Add tomatoes, thyme, pepper, and salt. Cook 5 minutes.
- Stir in rice.
- Mix together liquid from tomatoes, stock and Worcestershire sauce to equal 2 ½ cups. Add to the mixture in the Dutch oven.
- Bring to a boil, reduce to a simmer, add raw shrimp, chicken, and sausage and cook uncovered, stirring occasionally for about 30 minutes until rice and shrimp are done.

Note: I made a big batch to freeze ahead for a party. Do not add the rice before freezing as it will break down and become mushy when you thaw it. Instead doctor up the jambalaya after you thaw it by adding cooked rice and a little extra chicken stock if it needs to be 'loosened up'.