

Jammin' Jambalaya

Slow Cooker



MAKES 6 - 8 SERVINGS

JAMBALAYA

Ingredients:

- 1 large boneless skinless chicken breast, pounded to even thickness, cut in 1" pieces
- 3 bell peppers (1 green, 1 red, 1 yellow or orange), diced
- 3 heart of celery stalks, diced
- 1 white or yellow onion, diced
- 2-3 jalapenos (seeds and stem removed), diced
- 2 c low sodium chicken broth
- 1 can (30 oz) crushed tomatoes
- 1 Tbsp minced garlic
- 3 Tbsp Cajun or creole seasoning depending on flavor *preference
- 1 1/2 c uncooked rice
- 1/2 lb uncooked shrimp (peeled and de-veined)
- Cilantro, for topping

CREOLE SEASONING

Ingredients:

- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp dried oregano
- 1 Tbsp dried basil
- 1/2 Tbsp dried thyme
- 1/2 Tbsp black pepper
- 3 Tbsp paprika
- 1/4 - 1/2 tsp cayenne pepper
- 1 Tbsp salt

Note: Cajun seasoning has more of a kick with a variety of peppers while creole has more herbs.

Directions:

Place chicken, peppers, celery, onion, jalapenos, chicken broth, tomatoes, garlic, and seasoning into a slow cooker. Cover and cook on low for 3-4 hours. Stir in rice and cook another 1-2 hours until rice is fluffy. About 20 minutes before serving, add shrimp to slow cooker, stir, recover, and allow to cook until all meat is thoroughly cooked. Serve hot topped with cilantro or your choice of your favorite toppings.