

LUNCH OR DINNER — MAIN DISH

Jammin' Jambalaya (Slow Cooker)

Makes 7 servings · about 1½ cups each

SATIETY SCORE 4 / 5	NUTRITION HIGH
Per serving (approx.): Protein 16 g · Fiber 2 g · Calories 235	

Ingredients

- 1 large boneless skinless chicken breast, cut in 1" pieces
- 3 bell peppers (green, red, yellow/orange), diced
- 3 celery stalks, diced
- 1 white or yellow onion, diced
- 2–3 jalapeños (seeded), diced
- 2 cups chicken broth
- 1 can (30 oz) crushed tomatoes
- 1 Tbsp minced garlic
- 3 Tbsp Cajun or creole seasoning
- 1½ cups uncooked rice
- ½ lb uncooked shrimp, peeled and deveined
- Cilantro, for topping

Directions

1. Place the chicken, peppers, celery, onion, jalapeños, broth, tomatoes, garlic, and seasoning in a slow cooker.
2. Cover and cook on low 3–4 hours.
3. Stir in the rice and cook 1–2 hours more, until fluffy.
4. About 20 minutes before serving, add the shrimp and cook until cooked through.
5. Serve hot, topped with cilantro.

Note: Cajun seasoning brings more heat; creole leans more herbal.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 3 bell peppers (green, red, yellow/orange)
- ☐ 3 celery stalks
- ☐ 1 white or yellow onion
- ☐ 2–3 jalapeños ()
- ☐ 1 Tbsp garlic
- ☐ Cilantro, for topping

MEAT & POULTRY

- ☐ 1 large boneless skinless chicken breast 1" pieces

SEAFOOD

- ☐ ½ lb shrimp and deveined

PANTRY & DRY GOODS

- ☐ 2 cups chicken broth
- ☐ 1 can (30 oz) crushed tomatoes
- ☐ 3 Tbsp Cajun or creole seasoning
- ☐ 1½ cups cooked rice