Fully Loaded Jambalaya
RECIPE

Fully Loaded Jambalaya



TIME	20 min
INGREDIENTS	9 items
MAKES	2 servings

Bring a touch of New Orleans to your kitchen with this classic Creole dish featuring Johnsonville® Andouille Sausage.

INGREDIENTS

- 1 pouch Ben’s Original™ Ready Rice™ Long Grain White Rice
- 1 link chicken Andouille sausage
- 2 Tablespoon cooking oil
- 1 small onion, diced
- 1 large green bell pepper, diced
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 1 Tablespoon Cajun seasoning
- 1 (14 ounce.) can chopped tomatoes, low sodium

INSTRUCTIONS

1. Heat oil in a large skillet over medium heat. Add onion, green pepper, celery and Cajun seasoning. Cook and stir until vegetables are beginning to soften, about 4 minutes.
2. Add sausage and garlic to the pan with the vegetables and cook until sausage is browned, about 5 minutes more.
3. Massage the pouch of rice to loosen the grains and add rice and canned tomatoes to the pan and continue cooking and stirring until heated through and most of the liquid is absorbed.

Nutrition:

- CALORIES: 470
- TOTAL FAT: 22g - 28%
- SATURATED FAT: 3.5g - 18%
- TRANS FAT: 0g
- CHOLESTEROL: 45mg - 15%
- SODIUM: 600g - 26%
- TOTAL CARBOHYDRATES: 56g - 20%
- DIETARY FIBER: 6g - 21%
- TOTAL SUGARS: 11g
- PROTEIN: 12g

Categories:

Pork, Sausage, Quick/Easy Meals (UNDER 30M), Ready Rice, White, 5-15 min

MORE RECIPES LIKE THIS



All American Stuffed Peppers

Cooking time

45 min

Ingredients

12 items



Arroz Chino

Cooking time

20 min

Ingredients

11 items

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