

Chicken and Sausage Jambalaya

Ingredients

Serves 6

2 tablespoons Vegetable Oil

1/4 pound Chicken Sausage cut into 1/2-inch slices

1 Onion (about 1 cup) chopped

2 Bell Peppers (about 1 1/2 cups) chopped

1 cup Corn fresh or frozen

1/2 cup Celery (about 2 stalks) chopped

1 clove Garlic finely chopped

1 3/4 cups Chicken Broth Low-sodium

5 Tomatoes chopped or 8 ounces low-sodium canned, chopped tomatoes, drained

1/4 cup Tomato Sauce

1 Bay Leaf

1/4 teaspoon Chili Powder

1/2 teaspoon Red Pepper Flakes

1/4 teaspoon Dried Oregano

1 cup Instant Brown Rice Uncooked

1 Chicken Thighs Boneless, skinless (about 3/4 pound) cut in 2-inch strips

Directions

1. In a stockpot, heat vegetable oil over medium-high heat. Add sausage, onion, bell pepper, corn, celery, and garlic. Stir together and cook 5 minutes or until vegetables are tender.
2. Stir in chicken broth, tomatoes, tomato sauce, bay leaf, chili powder, red pepper flakes, and oregano. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice. Cover and simmer for 10 minutes, stirring occasionally.
4. Add chicken, cover the pot and simmer 5 additional minutes until chicken is cooked and rice is tender.

5.Remove from heat and let stand, covered, for 10 minutes. Remove bay leaf before serving.

Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 6

Amount Per Serving

Calories 290

	% Daily Value*
Total Fat 10 g	13%
Saturated Fat 2 g	10%
Sodium 240 mg	10%
Total Carbohydrate 38 g	14%
Dietary Fiber 5 g	18%
Protein 15 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: