



## Pow! Sock! Bam! Jambalaya



1/4th of recipe, about 1 1/2 cups: 256 calories, 5.5g total fat (1g sat. fat), 688mg sodium, 30.5g carbs, 3.5g fiber, 6.5g sugars, 20g protein

**Prep:** 10 minutes    **Cook:** 50 minutes

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### Ingredients

6 oz. (about 2 links) fully cooked chicken sausage (like the kind by Applegate Farms), sliced into coins  
One 14.5-oz. can fire-roasted diced tomatoes (not drained)  
1 onion, chopped  
1 green bell pepper, seeded, chopped  
1 cup chopped celery  
1 cup low-sodium fat-free chicken broth  
1/2 cup uncooked brown rice  
1 tbsp. chopped garlic  
1 tsp. Cajun seasoning  
1/2 tsp. hot sauce, or more to taste  
1/4 tsp. dried oregano  
1/4 tsp. dried thyme  
6 oz. raw shrimp, tails removed, deveined, chopped  
Optional: salt and black pepper

### Directions

Add all ingredients except shrimp to a large pot on the stove. Mix thoroughly. Bring to a boil.

Reduce heat to medium low. Cover and simmer until veggies are tender and rice is fluffy, about 35 minutes. Add shrimp and re-cover. Continue to cook until shrimp are tender and cooked through, about 6 minutes.

If you like, season to taste with salt, black pepper, and additional hot sauce. Serve and enjoy!!!

**MAKES 4 SERVINGS**

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