

Jambalaya

1 HOUR | SERVES 8

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

INGREDIENTS

- 1 cup uncooked brown rice
- 2½ cups low-sodium chicken stock
- 1 tablespoon safflower oil (or another high-heat cooking oil)
- 2 medium onions, chopped
- 1 medium bell pepper, chopped
- 2 celery ribs, diced
- 3 cloves garlic, minced
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- ¼ teaspoon cayenne
- ½ pound reduced sodium cooked ham, chopped
- 1 14.5-ounce can low-sodium diced tomatoes
- 1 pound shrimp, peeled and deveined
- ¼ cup flat leaf parsley, chopped

DIRECTIONS

1. In large saucepan, heat rice and chicken stock over high heat. Once boiling, reduce heat to low, cover, and simmer for about 35 minutes. At this point, rice will not be fully cooked through and some broth will still remain. (After the rice has been cooking for about 15 minutes, move on to step 2.)
2. In large heavy pot, heat oil over medium heat. Add onion, pepper, and celery and sauté, stirring frequently, until onion is translucent, about 10 minutes. Add garlic, salt, pepper, paprika, thyme, cayenne, and ham, and stir frequently for 2 minutes. Add tomatoes, shrimp, and rice with stock. Cover and cook 5–10 minutes more, until rice is soft and shrimp is cooked through. Garnish with parsley.

NUTRITION FACTS

239 calories, 5g fat, 1g saturated fat, 440mg sodium, 26g carbohydrate, 4g fiber, 4g sugar, 21g protein