



## *Garden Fresh Farm Recipes*

# JAMBALAYA

Owww-weee we guaranteeee, the best jambalaya recipe! It is surprisingly easy to make, with your favorite proteins (we used chicken, and Andouille sausage, you can add shrimp if you like), full of bold, Cajun flavors that everyone will love. Geaux Tigers!

### **Ingredients:**

3 tablespoons olive oil, divided  
2 boneless skinless chicken breasts,  
cut into bite-sized pieces  
1 pound andouille sausage, thinly  
sliced into rounds  
3 small bell peppers, cored and diced  
(I used a yellow, red and green bell  
pepper)  
2 ribs celery, diced  
1 jalapeño pepper, seeded and finely  
chopped  
1 white onion, diced  
4 cloves minced garlic  
1 (14-ounce) can crushed tomatoes  
3–4+ cups chicken stock  
1 1/2 cups uncooked long grain white rice  
2 tablespoons Cajun seasoning or Creole seasoning  
1 teaspoon dried thyme, crushed  
1/4 teaspoon cayenne pepper  
1 bay leaf  
1 pound raw large shrimp, peeled and deveined\*





## ***Garden Fresh Farm Recipes***

1 cup thinly-sliced okra (fresh or frozen)  
Salt and freshly-cracked black pepper  
optional garnishes: chopped fresh parsley, thinly-sliced green onions, hot sauce

### **Directions:**

Heat 1 tablespoon oil in a stock pot over medium-high heat. Add the chicken and sausage and sauté, until the chicken is cooked through and the sausage is lightly browned for about 6-9 minutes.

Transfer to a bowl and set aside.

Add the remaining 2 tablespoons oil to the stock pot. Add bell peppers, celery, jalapeño, onion and garlic. Sauté occasionally, until the onions are softened.

Add the crushed tomatoes, chicken stock, rice, Cajun seasoning, thyme, cayenne, bay leaf, and stir to combine. Continue cooking until the mixture reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 25-30 minutes, or until the rice is nearly cooked through, stirring every 5 minutes or so along the way so that the rice does not burn.

Add the shrimp\*, okra, and stir to combine. Continue to simmer, stirring occasionally, until the shrimp are cooked through and pink.



## ***Garden Fresh Farm Recipes***

Stir in the chicken and sausage, and remove and discard the bay leaf.

Season the jambalaya with salt, pepper, and additional Cajun seasoning if needed. (We typically add about 2 teaspoons salt and 1/2 teaspoon pepper.) Remove from heat.

Serve warm with your desired garnishes. Or refrigerate and store in a sealed container for up to 3 days.

### **NOTES**

\*Feel free to use 1 pound raw large shrimp, peeled and deveined.