

Cajun Jambalaya

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A traditional Cajun jambalaya dish with a subtle hint of spices, this delicious and savory stew is less spicy than other versions of this Southern dish. Tender pieces of chicken and sausage are simmered with delicate spices and crunch vegetables for a hearty and easy dish perfect any night of the week.

Ingredients:

2 Tbsp olive oil
2 boneless skinless chicken breasts, cut into bite sized pieces
8 oz beef sausage, diced
1 onion, diced
1 green pepper, diced
½ c. celery, diced
3 cloves garlic, minced
¼ tsp cayenne pepper
½ tsp onion powder
salt and ground black pepper to taste
2 c. uncooked white rice
4 c. chicken stock
2 bay leaves
2 tsp. Worcestershire sauce
1 tsp hot sauce

Directions:

1. Heat oil in a large pot over medium heat. Add chicken and sausage and brown, approximately 5 minutes.
2. Add onion, bell pepper, celery and garlic and saute until onions are tender and aromatic, approximately 3 minutes. Season with cayenne, onion powder, salt, and pepper and cook 5 minutes more.
3. Add rice and stir to coat with oil and spices. Stir in chicken stock and bay leaves. Bring to a boil, then reduce heat. Cover, and simmer 20 minutes more, or until rice is tender.
4. Stir in Worcestershire sauce and hot sauce and simmer 5 minutes more. Serve immediately.

Author: Catherine Herzog