

Crock Pot Cabbage Jambalaya

Printed from Jambalaya Recipes at <http://www.jambalayarecipes.org/>

A delicious and savory Jambalaya recipe based on the classic Cajun dish. Smoked meat and tender cabbage swim in a zesty tomato sauce for a hearty stew that is easy and inexpensive as well as surprisingly delicious.

Ingredients:

1 lb ground beef
1 lb smoked sausage, cut into ¼-inch slices
1 onion, chopped
3 stalks celery, chopped
2 cloves garlic, minced
1 medium head cabbage, cut into large chunks
1 (14.5 oz) can stewed tomatoes, undrained
2 c. water
1 c. uncooked white rice
garlic salt to taste

Directions:

1. In a large stock pot over medium high heat combine ground beef, smoked sausage, onion, celery and garlic. Cook until beef is evenly browned, about 5 minutes.
2. Stir in cabbage, tomatoes, water and rice. Season with garlic salt and bring to a rolling boil.
3. Reduce heat to low. Cover and cook for 40 minutes or until rice is done and liquid is reduced. Serve hot.

Author: Catherine Herzog