

Okra Jambalaya

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Okra is synonymous with Cajun cooking, and this zesty Jambalaya combines traditional flavors into a hearty and delicious stew. Spicy sausage, hearty okra, and zippy tomatoes make a stew perfect for any meal.

Ingredients:

1 Tbsp unsalted butter
¼ c. Andouille Sausage, diced
½ c. onion, minced
½ c. bell pepper, diced
3 stalks celery, diced
2 Tbsp garlic, minced
1 (14.5 oz) can diced tomatoes, undrained
2 Tbsp fresh Thyme leaves
1 Tbsp oregano, chopped
½ c. white table wine
1 ¼ c. chicken stock
1 c. raw long grain rice
1 ½ c. fresh okra, sliced into ½-inch pieces
1 tsp cayenne pepper
½ tsp black pepper
1 tsp salt
3 bay leaves
1 ts paprika

Directions:

1. Preheat oven to 350 degrees.
2. In a large cast iron Dutch oven, melt butter over medium heat. Saute Andouille sausage until slightly browned and add onion, bell pepper, celery, and garlic. Saute until vegetables are tender, approximately 5 minutes.
3. Add okra and saute for 2-3 minutes. Stir in tomatoes and cook for approximately 1 minute. Add thyme and oregano and mix in rice. Stir well, and transfer to preheated oven.
4. Cook for 30-40 minutes or until rice is cooked through and liquid has reduced.

Serve hot. Garnish with chopped parsley if desired.

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