

JAMMIN' JAMBALAYA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 10 (Serving= 1 cup)

Nutrition (per serving)

Calories: 240

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 455 mg

Total Carbohydrate: 25 g

Dietary Fiber: 3 g

Total Sugars: 5 g

Protein: 21 g



Ingredients

- 2 teaspoons olive oil
- 1 cup diced onion
- 1 cup diced green bell pepper
- 1 ½ cup diced red bell pepper
- 3 celery stalks, diced
- 3 cups diced tomatoes
- 1 Tablespoon minced garlic
- 5 lean hot turkey sausage links
- 4 cups cooked brown rice
- 1 cup unsalted stock of choice (choose gluten free stock for GF version)
- 1 cup no salt added tomato sauce
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- ½ teaspoon smoked paprika
- 1 Tablespoon Sriracha® sauce
- 2 Tablespoons Worcestershire sauce (read label to assure gluten free for GF version)
- 1 pound medium raw shrimp, peeled and deveined



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Directions

1. Heat oil in a large sauce pan over medium-high heat.
2. Add onions, peppers, celery, tomatoes, and garlic and sauté for 5 to 6 minutes or until vegetables are softened.
3. Squeeze meat out of sausage casings into vegetable mixture and sauté 3 to 5 minutes or until browned.
4. Add remaining ingredients (except shrimp) and simmer for 20 minutes.
5. Add uncooked shrimp and cook for 3-5 minutes or until shrimp is pink and cooked through.



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