## Healthy LifeStars®

### **Chicken and Sausage Jambalaya**

This chicken and sausage jambalaya is a delicious one pot meal that is perfect for Mardi Gras, or any time of year!

Prep Time 18 minutes
Cook Time 25 minutes
Total Time 43 minutes
Servings 8
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#### **Ingredients**

- 1.5 Tablespoons oil
- 1 pound raw chicken thighs, boneless & skinless, diced
- 1.5 tsp. Creole seasoning to taste
- 1 pound chicken andouille sausage, sliced
- 1 medium yellow onion, diced
- 2 bell peppers, any color, diced (or 3 cups tri-color pre-diced peppers)
- 2 stalks celery, diced (about 1 cup)
- 3 cloves garlic, finely minced
- 1/2 teaspoon dried thyme (or 1 tsp fresh chopped thyme leaves)
- 1 leaf bay
- 3 cups chicken stock
- 1 can (14 ounces) crushed tomatoes
- 1/2 tsp Optional: hot sauce (or more to taste you can wait and add this at the end if you want to taste first!)
- 1.5 cups jasmine rice, rinse and drained
- chopped fresh parsley or green onion (optional garnish)
- salt and pepper, to taste

#### Instructions

- 1. Season the chicken thighs with salt, pepper and cajun seasoning.
- 2. Brown the chicken thighs for about 4 to 5 minutes, until most of the pinkness is gone.
- 3. Add the onions, celery and peppers, and cook for about 4 minutes, stirring frequently.
- 4. Stir in 1/2 tsp salt, 1/8 tsp pepper, garlic, bay, thyme and andouille sausage, and cook another 1.5 minutes
- 5. Add stock, hot sauce and rice (rinsed and drained do not skip!), crushed tomatoes and stir, scraping any bits off the bottom.
- 6. Bring to a boil; reduce heat to low, and simmer covered until most of the liquid is absorbed (about 15 minutes), stirring frequently.
- 7. Turn OFF the heat, stir, recover, and let it sit for about another 8 to 10 minutes.
- 8. Remove the bay. Taste to see if you want to add more seasoning (hot sauce, salt, pepper, etc.)





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- 9. Garnish with sliced green onions, parsley, hot sauce, etc.
- 10. Serve immediately.

