

jambalaya

prep: 15m

serves: 4-6

slow cooker: 3-5h



ingredients:

- 1 tsp olive oil
- 1 onion chopped fine
- 2 bell peppers chopped
- 1 1/2 lb cubed chicken breast
- 1 tsp oregano
- salt and pepper to taste
- 1/2 lb andouille sausage
- 2-3 tsp minced garlic
- 2 tbsp tomato paste
- 2 cups chicken stock
- 1 can crushed tomatoes
- 1 cup long grain rice
- 2 tsp old bay seasoning
- 1 lb shrimp

instructions:

- saute onion, bell peppers, chicken, salt, pepper, oregano in oil, until chicken is browned
- stir in sausage, garlic, tomato paste, cook until fragrant (1-2 min)
- add broth, tomatoes, old bay
- cover and slow cook high 3-5 hours until rice is tender and liquid absorbed
- add shrimp and cook until firm (3-5 min)

notes:

- ✓ instant pot friendly

