

Jambalaya

Active Time: 10 minutes
Total Time: 5 hours, 30 minutes
Serves 5

Ingredients

- 1 medium red onion, finely chopped
 - 1 green bell pepper, chopped
 - 2 ribs celery, thinly sliced
 - 8 oz. turkey kielbasa, sliced
 - 1 can (28 oz.) whole tomatoes
 - 1 cup uncooked converted rice
 - 2 tsp. salt-free Cajun-Creole seasoning (we used The Spice Hunter®)
 - 12 oz. peeled large shrimp (21 to 25 count)
- Garnish:**
- Chopped parsley and hot pepper sauce

The Spice Hunter is a registered trademark of The C. F. Sauer Company.

Preparation

1. Layer onion, pepper, celery and turkey kielbasa in a 3 1/2-qt. or larger slow cooker.
2. Mix tomatoes and their juices, rice and seasoning in a medium bowl, breaking up tomatoes with a spoon. Pour into slow cooker. Cover and cook on low 4 to 5 hours until vegetables and rice are tender.
3. Stir in shrimp, cover and cook 20 minutes until cooked through. Sprinkle with parsley and hot sauce.



Nutrition Facts

Yield 5 servings

Amount Per Serving

Calories 325

Fat 5g

Saturated Fat 1g

Cholesterol 133mg

Sodium 744mg

Carbohydrates 44g

Dietary Fiber 3g

Protein 26g

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