

"HOT JAMBALAYA"

- 1 pound medium shrimp, peeled
- 1 pound chicken breast, half inch cubes
- 1 package Andouille sausage, cut into thin rounds
- 1 large white onion, diced
- 2 bell peppers, diced
- 3 stalks of celery
- 2 cloves of garlic, minced
- 2 jalapenos, seeded and diced
- 1 cup of okra, sliced thin
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon fresh thyme
- 1 bay leaf
- 1 ½ cups brown rice
- 3 cups of shrimp or vegetable stock
- 4 teaspoons Cajun seasoning
- 28oz crushed tomatoes
- 3 tablespoons coconut oil



Let's Get To It!

1. In a large skillet, add 2 tablespoons of oil and heat over a medium-high heat
2. Add the sausage rounds and cook a few minutes on each side to get a little bit of color
3. Next, add the cubed chicken and cook about 5 minutes until all sides are no longer pink
4. Remove from the pan and set aside
5. To the pan, add the last tablespoon of oil and cook the peppers, onions, garlic, and celery until nice and soft, about 5 minutes. By cooking the vegetables in the pan after the protein, it adds extra flavor to them!
6. Return the sausage and chicken to the pan with the vegetables along with the 4 teaspoons of Cajun seasoning and just toss together for 2 minutes
7. Next, add the rice, shrimp stock, can of crushed tomatoes, bay leaf, thyme, and parsley and bring to a boil
8. Stir it really good and then reduce to a simmer, cover, and cook for about 25 minutes being sure to stir occasionally so the rice does not burn to the bottom
9. Once the liquid is just about dissolved, add the shrimp and okra, stir to ensure that all of the shrimp is covered, then turn off the heat, cover, and let sit for an additional 5 minutes or until the shrimp is pink and cooked through.
10. Serve it up and top with your desired garnishes!