

Southern Jambalaya with Chicken and Sausages

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-southern-jambalaya-recipe-ever-youtube>

Ingredients:

- 1 1/3 pounds skinless chicken thighs
- 2/3 pound andouille or any other smoked sausage.
- 7 ounces shrimps cleaned.
- 1 green bell pepper chopped.
- 1 red bell pepper chopped.
- 1 onion chopped.
- 3 garlic cloves finely chopped.
- 1 celery stick chopped.
- 4 tomatoes big ripe and sweet
- 2 tablespoons tomato paste
- 2 cups chicken broth
- 1 cup long grain rice
- 1 teaspoon smoked paprika
- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon spices Cajun, mix.
- 1 teaspoon cayenne pepper
- 5 spring onions chopped.
- 5 tablespoons extra-virgin olive oil
- 1 teaspoon salt

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 170 milligrams
4. Fat: 42 grams
5. Fiber: 4 grams

6. Protein: 37 grams
 7. SaturatedFat: 10 grams
 8. Sodium: 920 milligrams
 9. Sugar: 6 grams
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