

Creole Jambalaya

Yield: 8 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/creole-chitterlings-chitlins-recipes>

Ingredients:

- 5 tablespoons extra-virgin olive oil divided
- 2 cloves garlic minced
- 1/2 yellow onion medium, diced
- 1/4 cup chopped celery
- 15 okra pods fresh, sliced into 1/2" rounds
- 1 1/2 tablespoons tomato paste
- 28 ounces whole peeled tomatoes
- 1 1/2 cups chicken stock
- 1/2 teaspoon cayenne pepper
- 1 1/2 teaspoons thyme
- 1 tablespoon oregano
- 1 pound andouille sausage
- 1 green bell pepper seeds removed and chopped
- 1 1/2 cups long grain rice uncooked white
- 1 pound shrimp extra jumbo, 16/ 20, peeled and deveined
- salt
- pepper
- 1 tablespoon flat leaf parsley chopped

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 130 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 26 grams
7. SaturatedFat: 6 grams
8. Sodium: 770 milligrams
9. Sugar: 2 grams

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