

# Chicken Sausage Jambalaya

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-sausage-jambalaya-recipe-southern-living>

## Ingredients:

- 12 ounces chicken sausage
- 2 tablespoons olive oil
- 1/2 white onion diced
- 1 green bell pepper diced
- 4 garlic cloves minced
- 3 cups chicken stock
- 1 tablespoon worcestershire sauce
- salt
- pepper
- 1 tablespoon Cajun seasoning
- 1 cup rice

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 65 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 1360 milligrams
9. Sugar: 5 grams

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