

Jen's Jambalaya

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/shrimp-and-italian-sausage-jambalaya-recipe>

Ingredients:

- 2 tablespoons margarine or butter
- 1/4 cup chopped onion
- 1/3 cup chopped celery
- 1/4 cup green pepper chopped
- 14 1/2 ounces diced tomatoes
- 1 1/2 cups chicken broth
- 2/3 cup long-grain white rice
- 1 teaspoon dried basil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon hot sauce
- 1 bay leaf
- 2/3 cup cooked chicken breast diced
- 2/3 cup italian sausage cooked crumbled
- 2/3 cup cooked shrimp peeled

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 100 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 450 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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