

Cajun Chicken and Rice

Yield: 8 min
Total Time: 45 min

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

Ingredients:

- 2 tablespoons olive oil
- 1 pound chicken sausage lean spicy, or 93% lean turkey sausage
- 1/2 medium yellow onion
- 2 celery stalks diced
- 1 green bell pepper diced
- 4 garlic cloves minced
- 2 tablespoons Cajun seasoning The Fit Cook Southern Creole
- 1 tablespoon smoked paprika
- 1 teaspoon chili powder
- 2 teaspoons dried thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne
- 2 teaspoons dried oregano
- 1 pinch sea salt & pepper
- 2 cups long grain brown rice uncooked
- 3 1/2 cups chicken no salt added, brown
- 14 1/2 ounces diced tomatoes
- 2 bay leaves
- 16 ounces lump crab meat cooked, OR shrimp
- Louisiana Hot Sauce or Tabasco to taste
- fresh chopped parsley

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 42 grams
3. Cholesterol: 150 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams

6. Protein: 46 grams
 7. SaturatedFat: 6 grams
 8. Sodium: 870 milligrams
 9. Sugar: 3 grams
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