

Jambalaya

Yield: 8 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-shrimp-fritters-recipe>

Ingredients:

- 4 tablespoons olive oil
- 1 pound boneless skinless chicken thighs cubed
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups yellow onion chopped
- 1 cup celery chopped, 2-3 ribs
- 1 1/4 cups red bell pepper chopped
- 1 1/4 cups green pepper chopped
- 4 cloves garlic minced
- 3 cups chicken broth
- 28 ounces diced tomatoes
- 8 ounces tomato sauce
- 2 cups long grain rice uncooked
- 1 1/2 tablespoons Creole seasoning I use Tony Chachere's
- 1 bay leaf
- 1 teaspoon dried thyme leaves
- 1 pound smoked sausage cut into 1/2 inch slices
- 1 1/2 pounds shrimp cleaned and deveined
- fresh parsley optional
- hot sauce optional

Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 225 milligrams
4. Fat: 37 grams
5. Fiber: 4 grams
6. Protein: 50 grams
7. SaturatedFat: 10 grams

8. Sodium: 1480 milligrams
 9. Sugar: 8 grams
 10. TransFat: 1 grams
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