

Keto Jambalaya

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-beef-sausage-recipe>

Ingredients:

- 6 tablespoons avocado oil
- 1 green bell pepper diced
- 1/2 red onion small, diced
- 1 stalk celery diced
- 3 cloves garlic minced
- 1 tablespoon paprika
- 1 tablespoon oregano
- 1 tablespoon thyme
- 1 teaspoon cayenne
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 13 ounces beef sausages package Kielbassa Jalapeño
- 4 ounces chicken thighs cubed
- 8 ounces shrimp
- 14 ounces diced tomatoes
- 6 cups cauliflower rice
- parsley for topping

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 125 milligrams
4. Fat: 41 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 12 grams
8. Sodium: 870 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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