

Sausage & Chicken Cajun Jambalaya

Sausage & Chicken Cajun Jambalaya has all of the flavors of authentic jambalaya. It comes together easily in one pot, is gluten-free and dairy-free for a simple and healthier Cajun dinner recipe.

Course Main Course
Cuisine Cajun

Prep Time 30 minutes
Cook Time 30 minutes
Total Time 1 hour

Servings 8 servings
Calories 519 kcal

Ingredients

- 2 Tbsp oil divided
- 1.5 lbs chicken cut into ½-inch pieces
- 12 oz andouille sausage cut into ½-inch slices
- 1 ½ tsp salt divided
- ¾ tsp pepper divided
- 2 c onion finely chopped
- 1 c celery finely chopped
- 1 c bell pepper finely chopped
- 2 cloves garlic
- 1 tsp thyme dried
- 1 tsp basil dried
- ¼ tsp cayenne pepper
- 1 Tbsp Worcestershire sauce
- 1 6-oz can tomato paste
- 1 14.5-oz can diced tomatoes with juice
- 2 ½ c long grain white rice rinsed and drained
- 4 ½ - 5 c chicken broth
- Fresh parsley finely chopped

Instructions

1. In a large pot, or Dutch oven, add 1 tablespoon oil, sausage, ½ tsp salt and ¼ tsp pepper. Cook for 2 minutes.
2. Add chicken and continue cooking over medium heat for 8-10 minutes, or until chicken is cooked through.
3. Remove sausage and chicken from the pot and set aside.
4. Drizzle another tablespoon of olive oil into the pot and then add onion, celery and bell pepper. Cook for 6-8 minutes, or until vegetables are almost tender. Add garlic and saute for an additional 2 minutes.
5. Place chicken and sausage back into the pot.
6. In a small bowl combine remaining 1 teaspoon salt, ½ tsp pepper, thyme, basil and cayenne pepper. Toss to combine.
7. Add seasoning mix, Worcestershire, tomato paste, and diced tomatoes to the meat and veggies. Stir to combine.
8. Next, place rice and 4 ½ cup broth in the pot. Stir to completely combine. Over medium heat, wait for the ingredients to come to a boil. Reduce heat to low, cover with a lid, and let jambalaya simmer for 25-35 minutes.
9. Check on the jambalaya at 25 minutes and see if it needs additional liquid. If you have a pot that

burns, this would be a good time to give the bottom of your pot a stir to loosen up any potentially dried rice.

10. Once rice is completely cooked, serve immediately with fresh parsley and enjoy!

Nutrition Facts	
Sausage & Chicken Cajun Jambalaya	
Amount Per Serving	
Calories 519	Calories from Fat 189
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 5g	25%
Cholesterol 61mg	20%
Sodium 1114mg	46%
Potassium 826mg	24%
Total Carbohydrates 59g	20%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 20g	40%
Vitamin A	22.7%
Vitamin C	58.8%
Calcium	7.6%
Iron	16.8%

* Percent Daily Values are based on a 2000 calorie diet.