



Jambalaya

There are many ideas and recipes for a Jambalaya, but the basic assumption is to just chuck stuff in and hope for the best. This recipe will however give you a great tasting meal with a hint of Caribbean spice!

Ingredients

- ½ tablespoon oil
- 8 ounces andouille sausages, sliced
- 8 ounces boneless skinless chicken breasts, cut into 1-inch pieces
- 8 ounces shrimp, peeled & deveined (uncooked)
- 1 teaspoon creole seasoning (or essence spice)
- ½ teaspoon dried thyme leaves
- 1 dash cayenne pepper
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 green bell pepper, chopped
- 1 jalapeno pepper, finely chopped (optional)
- 3 stalks celery, sliced
- 1 teaspoon creole seasoning (or essence spice)
- ½ teaspoon dried thyme leaves
- 1 dash hot sauce (or cayenne pepper)
- 1 cup long grain white rice
- 2 cups canned tomatoes, undrained
- 1 cup chicken broth
- 3 tablespoons fresh parsley, minced (or 3 tps dried)

Directions

1. Brown chicken, sausage & shrimp. Stirring well after each addition.
2. Sprinkle meats with 1st amounts of the creole/essence seasoning, thyme & cayenne. Cook for 3 - 5 mins, stirring frequently, until chicken is cooked & shrimp has turned pink. Remove with a slotted spoon & set aside.
3. To the pressure cooker, add onion, garlic, peppers, celery along with remaining creole/essence seasoning, thyme & cayenne. Cook 4 - 5 mins, stirring frequently until vegetables are crisp-tender.
4. Add rice, tomatoes & broth; secure cover & bring to high pressure. Cook for 8 minutes
5. Release pressure, remove lid, then stir in parsley along with cooked meat/fish. Cover tightly & let stand 5 mins before serving.