

# Jambalaya

## Ingredients

- 24 oz Precooked Sausage
- 1 C Onion, diced
- 1 C Bell Pepper, diced
- 4 tsp Garlic, minced (~4 Cloves)
- 6 C Bone Broth/Tomato Juice
- 2 C Brown Rice
- 2 C Salsa
- 2 TBS, heaped Jambalaya Seasoning

## Directions

- Rinse the rice well under cool running water until water runs clear.
- Start rice and broth/tomato juice over medium high heat until it comes to a boil then reduce heat to a simmer.
- While the rice is simmering dice the onion and bell pepper and slice the meat.
- Heat your frying pan over medium heat. Add the sausage, onions, peppers, and garlic. Cook until the sausage is lightly browned and the onions and peppers are soft, about 5-8 minutes.
- When the rice is cooked and most of the liquid is gone, add the sausage mixture, salsa, and jambalaya seasoning. Mix well and allow to simmer for another 10 minutes.

## Storing

- Store leftovers in the fridge for up to 4 days.
- Freeze for up to 4 months and thaw in fridge overnight before reheating.

## Jambalaya Seasoning Mix

### (Single Batch)

- 1 tsp Basil
- 1 ½ tsp Thyme
- 1 tsp Parsley
- 1 tsp Oregano
- 1 ½ tsp Salt
- 1 ½ tsp Pepper
- 1 tp Onion Powder
- 1 tsp Garlic Powder
- ¼ tsp Cayenne
- ½ tsp Paprika
- ¼ tsp Red Pepper Flakes

