

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

