



Chef ETL's Bayou Basil Jambalaya

Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour 25 minutes



This recipe offers a delicious fusion of the bold, hearty flavors of jambalaya with the fresh, herbal notes of pesto for a unique and exciting dish!

- 12 ounces Andouille sausage, sliced**
- 1 pound chicken thighs, boneless & skinless, diced**
- 1 pound shrimp, peeled and deveined**
- 2 tablespoons olive oil**
- 1 large onion, diced**
- 1 each green bell pepper, diced**
- 3 stalks celery, diced**
- 5 cloves garlic, minced**
- 2 tablespoons Cajun seasoning (see TIPS)**
- 1 teaspoon paprika**
- 1 teaspoon dried thyme**
- 1 teaspoon dried oregano**
- 2 each bay leaves**
- salt and pepper to taste**
- 2 cups long-grain white rice**
- 4 cups chicken stock**
- 1 14.5 oz can canned diced tomatoes, with juices**
- 1/2 cup pesto, tomato/basil, ready to serve**
- 3 each green onions, sliced**

TIP: If you like it spicier, add extra Cajun seasoning or a splash of hot sauce.

Heat 1 tbsp of olive oil in a large pot over medium heat. Add the Andouille sausage and cook until browned (about 5-6 minutes). Remove sausage from the pot and set aside.

In the same pot, add the diced chicken and cook until browned (about 5-6 minutes). Remove and set aside with the sausage.

Add another 1 tbsp of olive oil if needed, then add the onion, green bell pepper, celery, and garlic. Sauté until the vegetables soften (about 5 minutes).

Stir in the Cajun seasoning, paprika, thyme, oregano, and bay leaves. Cook for another 1-2 minutes to toast the spices.

Add the rice, stirring to coat with the spices and oil.

Pour in the chicken stock and diced tomatoes with their juices. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for 20-25 minutes, until the rice is tender and the liquid has absorbed.

In the last 5 minutes of cooking, add the shrimp, chicken, and sausage back into the pot to finish cooking with the rice.

Finish and Serve:

Once the jambalaya is done, remove it from the heat and stir in pesto.

Serve hot, garnished with chopped green onions.

Serving Ideas: Add your favorite hot sauce to turn the heat up!

Per Serving (excluding unknown items): 577 Calories; 25g Fat (38.8% calories from fat); 37g Protein; 50g Carbohydrate; 3g Dietary Fiber; 173mg Cholesterol; 1372mg Sodium; 6g Total Sugars; 1mcg Vitamin D; 162mg Calcium; 4mg Iron; 950mg Potassium; 446mg Phosphorus. Exchanges: .

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