



## *Jammin' Jambalaya*

New Orleans is known for both its jazz music and its Cajun and Creole cooking brought to the Louisiana delta by French and Spanish settlers.

The New Orleans version of Spanish paella is Jambalaya which uses the delta's plentiful shrimp, ham, and flavorful Andouille sausage.

If you can't find Andouille sausage at your market then you can substitute Cajun sausage or readily available hot Italian sausage.

## Ingredients

- 2 Tbsp olive oil or vegetable oil
- 8-12 oz Andouille, Cajun, or hot Italian sausage in links
- 1 cup onion, chopped  
(about 1/2 of a large onion)
- 4 cloves garlic, chopped
- 1 green or red bell pepper,  
seeded and diced in 1/2" pieces
- 3 ribs celery,  
sliced thinly in 3/8" thick slices
- 8 oz ham, diced in 1/2" cubes
- 1 tsp thyme, dried
- 1 tsp oregano, dried
- 1/2 tsp basil, dried
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp hot red pepper flakes
- 1/2 tsp paprika
- 1/2 tsp cayenne pepper
- 1 1/2 cups converted rice
- 1 15-oz can crushed or diced tomatoes,  
undrained

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### Ingredients - continued

3 cups gluten-free ham or chicken broth

1 large bay leaf

4 oz frozen, pre-cooked and peeled salad shrimp (bay shrimp)

### Cookware

12-inch skillet with lid

Small bowl

Cutting board

Colander

### Instructions

1. Add the oil to the skillet. Arrange the sausages in an even layer on the bottom of the skillet. Pierce each sausage several times with the tines of a fork to allow juices to escape while cooking. Cover the skillet with the lid. Heat on medium-low heat, turning the sausages once during cooking to brown both sides. Cook the sausages until they are no longer pink in the middle when cut with a knife.

2. While the sausages are cooking chop the onion, garlic, and bell pepper. Slice the celery into 3/8-inch thick slices.

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### Instructions – continued

3. Dice the ham into 1/2-inch cubes.
4. Measure the thyme, oregano, basil, salt, black pepper, red pepper flakes, paprika, and cayenne pepper into the small bowl. Stir to combine the seasonings.
5. When the sausages are done cooking transfer them to a cutting board. Skim excess fat from the pan drippings if desired, reserving a few tablespoons of drippings. Add the onion, garlic, bell pepper, celery, and diced ham to the skillet. Stir to combine and coat the ham and vegetables with the sausage juices. Cook on medium heat until the onion is soft. Stir occasionally.
6. While the ham and vegetables are cooking slice the sausages into 3/8-inch thick rounds.
7. When the onion is soft add the seasonings to the vegetable mixture. Stir to coat the vegetables with the seasonings.
8. Add the converted rice to the vegetable mixture. Stir to coat the rice with the vegetables and seasonings.
9. Add the sliced sausages to the rice and vegetable mixture. Stir to combine.

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### Instructions – continued

10. Add the canned tomatoes to the rice and vegetable mixture (do not drain). Stir to combine.

11. Add the ham or chicken broth to the rice and vegetable mixture. Stir to combine. Add the bay leaf and submerge it below the broth. Cover the skillet with the lid. Increase the heat to high until the mixture boils then reduce the heat to a gentle simmer. Stir occasionally.

12. While the rice is cooking thaw the frozen shrimp by rinsing it with cold water in the colander. Allow the shrimp to drain thoroughly.

13. When the liquid is almost absorbed into the rice add the drained shrimp to the skillet. Stir gently to combine. Cover the skillet with the lid.

14. Continue cooking until all the liquid is fully absorbed into the rice. Remove the bay leaf. Serve immediately.